The Valley Patriot

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Community Heroes Honored

PAGES: 5, 7,11, 14-15

PHOTO: RICH RUSSELL

Lawrence Police Officer Carl Farrington and Lt. Sean Conway received the Valley Patriot, Officer Tom Duggan, Sr. Hero Public Safety Award

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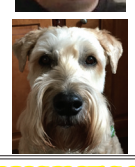

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Valley Patriots of the Month

CHELMSFORD'S MIKE MISKELL, ANOTHER LOCAL MEMBER OF PATTON'S 3RD ARMY

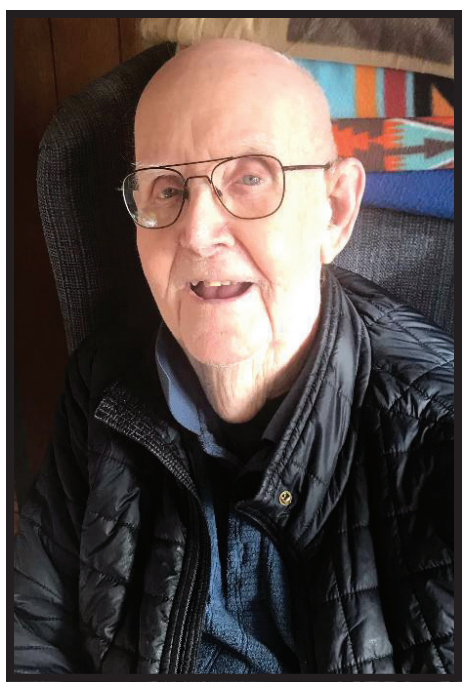
John Cuddy
VALLEY PATRIOT HERO REPORTER

Chelmsford's Mike Miskell, like many of the men and women who served during World War II, formed a lifelong friendship with another soldier they served with during the war. Mike was with York, Pennsylvania's George Meanor, a Technical Sargent in his unit, the US Army's 217th Artillery. The two served together in the European Theater during the war. It was in Combat, in the European Theater, that a lifelong bond started between the two soldiers. After the war, they attended each other's family weddings, retirements, and often vacationed together. Mike and his late wife Elizabeth were married over forty years. The couple had three sons and a daughter, two of which I met with. They also have six grandchildren and one great grandchild.

Born July 25, 1922, and growing up with a brother and two sisters, Mike was drafted into the US Army shortly after Christmas in 1943. He completed his training at Camp Davis in North Carolina. In late December 1940, the United States Army built Camp Davis to be used to train anti-aircraft artillery. Camp Davis was attached to the First Army, Fourth Corps Area. It was an expansive facility consisting of more than 3,000 buildings on 45,538 acres (184 km2) with access provided by newly built railroad spurs leading into the camp.

Between 1942 and 1943, two 5,000 feet paved runways were built for Camp Davis Army Air Field. Part of the runway for the airfield was built through one of the old Civil War fort's walls. Camp Davis runway known as 5/23 was wider, and was intended for use by transports, while runway 19/01 was narrower and intended for use by single-engine aircraft. Most of the aircraft operated from Camp Davis runways were single-engine aircraft used to tow targets for the anti-aircraft artillery units. Who did the very dangerous job of towing the men's practice targets? According to the home page of the 225th Anti-Aircraft Artillery, (the Sky Lighters) the legendary Women Air Force Service Pilots towed targets at Camp Davis.

At least two of the female pilots were killed in flying accidents there during



World War II. Mabel Rawlinson came to the Camp Davis Army Air Field right after primary training in Texas in 1943. Her assignment was to tow targets behind her plane so antiaircraft gunners could practice. Additional training required flying at night and on one of these flights mechanical problems forced the place down. It hit some pines trees that surrounded the field and nosed in, the plane caught fire and she was trapped inside. The other WASP pilot killed during the training of Mike's Anti-aircraft unit was Betty Taylor, who

HERO: PAGE 23

No Russian Collusion, No Obstruction, Media Continues to Lie

For three years, the mainstream "news" media and their masters in the democrat party thumped their chests and propagated the lie that President Donald Trump was a secret Russian spy for Vladimir Putin who literally stole the election from their preferred candidate, Hillary Clinton.

They told us Russia "hacked the election" which is absurd when you consider that every city has their own ballot machines and none of them were "hacked" and not one vote was ever changed.

It was a delusional excuse from day one, by people who could not - and still cannot - accept the results of the election. To them, Hillary was obviously the heir apparent to Obama and there's just no way Trump could have won fair and square.

Day after day, week after week, year after year CNN and the rest of the liars who pretend to be "journalists" told you that "any day now" Trump was going to be "dragged out of the White House in handcuffs."

Senator Elizabeth Warren even fantasized publicly that Trump may not be around to run against at election time because he might be in jail.

Panel discussions by over-educated idiots littered the airwaves every day telling us that Mueller was going to prove Trump was a traitor, and that when this happened, Trump would refuse to accept the results of the Mueller report.

Remember all the harassment Trump endured day after day when the democrats in the media asked over and over if he would "accept the results of the Mueller report"?

Remember just a few days before the Mueller report was released, the CNN panel discussions of supposedly smart people speculating how Trump was going to SPIN the Mueller report when it reveals his "obvious treason"?

Yet, just as they predicted that Trump would not accept the results of the election when he lost, and then they did exactly that when he won - the press and their masters in the Democratic National Committee refuse to accept the result of the Mueller report that shows that, in fact, Trump was not a Russian spy.

No Collusion, no obstruction, not one American was ever indicted or prosecuted for "hacking the election" or "colluding with Russia" … much less being a traitor.

What we did learn in all this Russian hysteria, however, is that there was indeed Russian collusion during the 2016 presidential campaign. There was indeed spying going on. But it wasn't on the part of President Trump, it was the Obama Administration and the Clinton campaign.

The fact is, the Obama administration spied on the Trump campaign. They used the FBI to conduct surveillance of members of the Trump team.

What's more, the Clinton campaign hired Mr. Steel to put together a fake dossier he got for RUSSIA, gave that dossier to Obama's FBI, who then leaked the dossier to Yahoo news, then used the Yahoo NEWS report to convince a federal judge to give them a warrant to wire-tap Trump Tower.

Remember when Trump said in a press conference that they were wiretapping Trump Towers, and the so-called journalists on CNN and MSNBC called it a lie?

We now know that that's exactly what happened.

Think of the precedent all this sets for the future of our republic?

Imagine if Trump decides to employ a Russian spy next year to put together a fake dossier on - say - Elizabeth Warren's presidential campaign.

Imagine if he then uses that fake Russian dossier to get a federal judge to give him a warrant to wiretap her headquarters, and then turns around and accuses Warren of being the Russian spy? With no real evidence?

It's a horrible abuse of power and it's anti-American. And we should never stand for it no matter who is doing it or who it is being done to.

George Orwell warned about this kind of deep-state subversion of democracy in his novel "1984". He warned how truth would be a lie and lies would be considered truth because those in power demand it. Unfortunately the Democrats in DC and the American "news" media are using it as an instruction manual. It should never happen again, but sadly it will because those in power have learned nothing from any of this. ◊

Fox News-Uncompromising Defenders of Our American System

Ken Willette, Jr.
VALLEY PATRIOT COLUMNIST

The old slogan for Fox News—Fair and Balanced—was always a mirage. I could care less. Where else can I track the positive benchmarks of the Trump economy, learn about the real human toll associated with illegal immigration and witness the rebirth of a muscular US foreign policy that protects our allies and keeps our enemies up at night.

But now more than ever the battle lines have been drawn over our entire system of capitalism, the genius of private property rights and free enterprise and the rule of constitutional law. The core belief structures that transformed this nation into the greatest political, economic and military power on earth are being attacked on a daily basis. Even worse are the far-left backgrounds of some of the commentators, who have proudly paraded long-dismissed theories on communism and voiced approval to outlandish conspiracies.

These radical voices are dominating MSNBC, CNBC and CNN, which still play the smoke and mirror games of pretending to be impartial and honest. Sadly, most news sources on television peddle rumors as breaking news (former CIA Director John Brennan's unverified comments), showcase celebrity gossip as truth (Jussie Smollett's MAGA hoax accusations) and promote innuendo over cold-hard facts (the refuted conclusions reached in the Steele dossier). Thousands of segment hours are focused on the non-existent Russian collusion, the perceived hate of mainstream conservatives and the unproven damage being done to our constitutional republic by Trump and his minions.

Please don't confuse my arguments in this column that we must always separate biased coverage from fact-based coverage, because we can both spotlight an important topic and portray it with facts and statistics. But look very closely as to what is being catapulted on the vast majority of our nation's airwaves:-- socialism; open borders and unbridled immigration; the imminent death spiral of our planet; and ways to demonize opposite views.

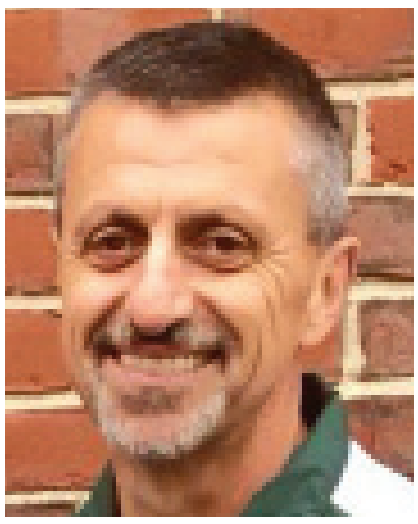
If we really look across the ocean of television, is it any wonder that 90% of media coverage has been documented as negative to Trump? On MSNBC, we have Rachel Maddow and also Chris Hayes, who has deep roots with The Nation magazine. Over the decades, The Nation has eagerly promoted articles glorifying Marxism. Do we really need any additional historical evidence on the empty and deadly promises of Marxism? Respected worldwide academics have determined that the total deaths under communist regimes could range between 80 and 100

FOX: PAGE 27

A Special Gathering of 3 Sisters

Joe D'Amore
VALLEY PATRIOT COLUMNIST

My wife and I recently treated three relatives to a birthday celebration for one of them. Two of them are in their 80s, and one of them is soon to be 90. They're sisters. They grew up in the Great Depression, under circumstances that exceed most understandable, modern measures of "hardship." All three are with limited or little education.



All three have lost husbands, sisters, parents, beloved uncles and aunts, cousins, children. In varying degree, they have experienced life-altering sorrows. The total sum of their collective losses is staggering. .All three live independently, have some health issues, but can walk. One drives. They are in some form eccentric. All three live alone.

These women were, for decades, the anchors of their respective families. They were caretakers. They each spent more time making sandwiches at their kitchen counters than all the hours in my life. I've devoted to interrupt my busy schedule to help others in need. (I am 59)

But the other day, they showed their vulnerability. They anxiously waited for us to pick them up and take them to a favorite restaurant where other family members waited to celebrate a birthday but also the good things in life. I felt the uneasy feeling that we were temporarily "springing" them from a circumstantial prison, in a form of furlough. They were imprisoned by their frailty, lack of monetary resources, limited mobility and physical limitations.

I conjured a notion that being old — in your 80s and 90s — relegated one to being in a form of "house arrest." They were totally dependent on others to release them from the confines of their homes to gain fleeting measures of freedom.

Memories poured out in unrestricted fashion with stories told (all heard before) about the "good times." The laughter was excessive and people looked at our group with some disdain for the interruption we surely caused. Later, after the take-home containers were distributed and everyone arranged in our car for the ride home, we further engaged in silliness, bouts of joking, laughter and heart-felt retelling of family stories.

But as we approached the neighborhood in which all three lived fairly close by, a silence ensued. They were returning to their solitary abodes. They say that old people are like children, dependent on their children and other caretakers.

The reality is these women are not as advantaged as children. They don't have interactive electronic devices. As we approached their homes, they were facing their solitude and all its harshness of silence. What they have are one-way communication, with the exception of a telephone; television, radio and vinyl records. And the greatest advantage they have is memories. But sometimes this is not enough

What they need is fellowship with other people fairly frequently. The experience I had with them caused me to reflect very deeply about "aging in place" and getting old in general. I gained far more than I thought I was going to deliver when I joined my wife in arranging this gathering. I was smitten by the sweetness of their vulnerability

.One of them turned to me just moments before being escorted to her door. "It was a good day today. Thanks for what 'use' did. This is better than looking at four walls." ◊

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"WEATHER 101" WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to April and the first full month of official spring. Recapping March we started with a snowstorm which occurred on March 2nd into March 3rd. Many areas in Massachusetts saw over a foot of snow. Some areas saw 6-9". Saugus & Peabody got 14". Ipswich and Gloucester got 13". Salem & Danvers, MA got 12". South Boston & Dorchester got 15.5". Higher total of 17.5" occurred in Milford located in Worcester County. In Southern New Hampshire the higher total was in Hudson with 10". This was our largest snowstorm of the month.

This was also the largest snowstorm of the season for Boston including the MetroWest area. We did not see as many snowstorms as last March. The snow that fell this past March did melt fairly quickly due to the sun being higher in the sky (the sun's rays getting more direct now). During March we did see some milder temperatures return after the snowstorm.

The snow did not last as long as it would in the months of November, December and January. Some high temperatures in the 60s occurred during the last two days of March, the 30th and 31st. Boston reached 70 degrees on March 31st. This was the first 70 degree reading for Boston since early November 2018. For the first half of March we saw cold air with below normal temperatures. The reason for this cold air was the track of the jet stream being south of New England. This put our region on the colder (north) side of the jet stream. As March moved on we saw the jet stream lift back to the north into Canada.

This put our region on the south side which is the warmer side of the jet stream. March is the month where we can see abrupt changes in the weather from cold possibly snowy weather to warm weather. This did occur this March with a warm end to the month.

With the warm weather the last two days of March some people brought out the shorts and did away from wearing a coat. Now moving on to April we can still get some cold weather during the first half of the month. The air can be cold enough that you would need a winter coat. However, as we go through April we will see the daily high temperatures start to rise as the cold air weakens.

This a result of the longer days and the sun continuing to get higher in the sky. During late March and into April with warmer temperatures we have to be concerned with ice jams. Ice jams occur when warm weather causes the ice to start melting on our rivers. When ice melts on the rivers the ice starts to break up. When the ice breaks up it can start to move. When the ice moves an ice jam occurs and some dangerous flooding occurs with ice jams. People living near rivers have to be alert to any ice jams that form.

Ice jams can occur without much prior warning. Ice jams can still occur during April. If an ice jam occurs the National Weather Service will issue a River Flood Warning. Snow can also occur in April. Back in April 1997 we had two snowstorms. One occurred on April 1st. The other one occurred a week later. Also now with spring here we can also get backdoor cold fronts that move through.

Usually cold fronts move from west to east. A backdoor cold front moves in the opposite direction from northeast to southwest. A factor in the development of backdoor fronts is the cold ocean waters in the spring months. The ocean warms slower than land areas in the spring because the ocean always moves.

This movement causes more energy to heat the ocean than it does the land. An example of this was the last two days of March where Cape Cod & the Islands stayed much cooler than inland areas. Also evaporation always occurs over the ocean. This process is a cooling process in that it cools the air above the ocean.

This air can move from the ocean to the land and is known as a sea breeze. We will see many days with sea breezes in the spring and summer. As we go into summer the ocean is warmer and the sea breeze does not produce as much cold air compared to early spring when the ocean is colder. Stay tuned next month when we recap April and take a look at what to expect in May. **In the meantime, enjoy spring and keep your coat handy especially if you live along the coast or spend a day at the coast. ◊

Meet the New Restaurant Pop Up in Lawrence

REVOLVING TEST KITCHEN CONTRIBUTES TO LAWRENCE'S SUCCESS

We are getting ready to welcome a new food entrepreneur into our business incubator, the Revolving Test Kitchen (RTK).

RTK is a collaboration between Lupoli Companies, the city of Lawrence, The Lawrence Partnership, Northern Essex Community College (NECC) and EParaTodos/EforAll. "The Revolving Test Kitchen was created to provide food entrepreneurs with a special opportunity to test out their ventures, but it also serves as a fresh way to add to the city's economic vitality," says Sal Lupoli, President and CEO of Lupoli Companies.

The first local business to operate out of RTK was the taqueria borinquen, Coco Ray's. And after another rewarding year in the downtown Lawrence location, it's time for Danny Torres, owner of El Encanto BBQ, to pass the torch to a new chef. "This is a great opportunity to grow as an entrepreneur and really be successful," says Danny Torres.

The new restaurant start-up to benefit from the program is Bocaditos. Focused on bringing a delicious, and healthy, homemade menu to Lawrence, longtime resident, Angie Jimenez is using locally sourced food to connect with the neighborhood. Offering Latin-inspired dishes, appetizers and desserts from scratch, she is using the freshest ingredients from the soil, well prepared and served for a fast-paced environment. "I am going to give the best of me to this restaurant and to the community," Angie said. "This is my passion; this is what I love to do."

Serving up dishes for guests, Dan Rivera, Mayor of the City of Lawrence was excited to be pitching in behind the counter and happy to be welcoming Angie, "because local businesses help make Lawrence a better place every day." And he went on to say, "thank you to Sal Lupoli for donating the space and the Lawrence Partnership for not leaving a good idea, like RTK, on the shelf." Michael McCarthy, NECC CFO, continued by focusing on the unique way the RTK builds opportunities through careers, "this is the future of our community." Janin Duran, Executive Director of EParaTodos/EforAll echoed that sentiment, expressing that supporting local food entrepreneurs is vital to the area and how thrilled she is to see, "Angie spread her wings and can't wait to watch her fly."

Get ready to experience her delicious take on plantains, sandwiches, homemade chips and so many more dishes on the breakfast and lunch menus—plus enjoy the variety of brews at the coffee and tea bar. It's all available now at Bocaditos located in the RTK, 420 Common Street, Lawrence.

About Revolving Test Kitchen:

During their tenure, businesses will be provided with use of the commercial kitchen, exterior signage, and preferred catering access for Northern Essex Community College and Lawrence Partnership functions. After the incubator period is complete, the partnership will help establish a permanent location for these startups in downtown Lawrence, providing free technical support to identify space, negotiate leases, and build a growth plan. Additionally, RTK tenants will contribute monthly to a savings account during their tenure, 100 percent of which will be returned to them to fund their new location. ◊

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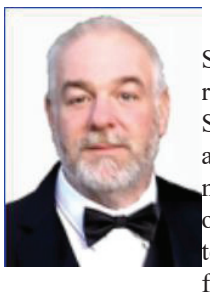
Carina Pappalardo, TMF Win Goodwill Ambassador Award

Valley Patriot Renames Award for Good Samaritan Scott Clegg



Last year a Good Samaritan in the Merrimack Valley named Scott Clegg passed away. He wasn't famous, he never ran for office, and he had no interest in being thanked for the work he did in the community. But Mr. Clegg made a difference in many people's lives. He was often seen stopping on the side of the road to feed a homeless person, breaking up a fight on Essex St. or building a wheelchair ramp for a local WWII veteran.

Clegg was a member of The Valley Patriot family. So, this year, The Valley Patriot BASH Committee decided to permanently dedicate the paper's "Goodwill Ambassador Award" for Mr. Clegg.

WINNER #1 Carina Pappalardo

Carina Pappalardo is the head of the Gr. Lawrence Psychological Center and oversees the Daybreak Homeless Shelter as well as several other services like the Pegasus House for women. Carina gets no help from the City of Lawrence, no funding from the federal government and a very small amount of funding from the state.

Given the minimal resources she has to work with, Pappalardo manages to service 55 homeless individuals every night at Daybreak and is over capacity every night. She also partners up with local organizations and detox centers to help addicts get clean, works with local landlords to help those in need get transitional housing.

This year it was an easy choice for the Valley Patriot BASH committee to honor Carina Pappalardo with our Scott Clegg Goodwill Ambassador Award.

Mike Gorman and the Kids of TMF

While Lawrence's elected officials completely ignore the plight of more than 200 homeless people in the city of Lawrence, and have done nothing to try and solve the large number of addicted people living on the streets, a group of young people from Lawrence banded together and decided to step up to the plate.

Left to right - TMF members Jershawn Brown, Abimelec Gonzalez, Xavier Cordon, Michael Gorman, Abimael Gonzalez, Shane Garon, and Ricky Arevalo.

For months, the volunteers at TMF served a family dinner for the homeless at the Buckley Garage on Common St. in Lawrence. But, they didn't just serve food. They partnered up with Tewksbury Detox and other organizations to help get addicts off the streets. They spent countless hours talking to homeless people and finding out their unique and individual needs. Then went out and found others to help fulfill those needs.

They enlisted help from local restaurants, church groups, and off duty workers in the social service industry.

While Michael Gorman is the leader of "The Movement Family" the work they have done for those most in need in Lawrence has been a team effort by everyone in their all-volunteer organization.

Our local politicians can learn a lot from the young adults in TMF. Having meetings and talking about the problem solves nothing. Going out and doing something DOES. The Valley Patriot BASH committee was honored be able to give this year's Scott Clegg-Goodwill Ambassador Award to Mike Gorman and the volunteers at TMF. ◊

Carina Pappalardo who runs the Daybreak Homeless Shelter and Pegasus House received the Scott Clegg Goodwill Ambassador Award. At right is Annie Clegg, Scott's widow, who was moved to tears after learning we were naming this award for her husband.

Readers and Advertisers Donate $2,850 to Dan Coady Memorial Scholarship

Last year Dan Cady of Coady's Towing and Garage Service in Lawrence was struck and killed on Rt. 495. Within two days, one of our readers, Al Veilleux showed up at the Valley Patriot office and said he wanted to donate $500 to a scholarship at the Valley Patriot BASH in Coady's memory. This year, Veilleux showed up again and said he wanted to keep the memorial scholarship alive and donated another $500 in Dan's memory.

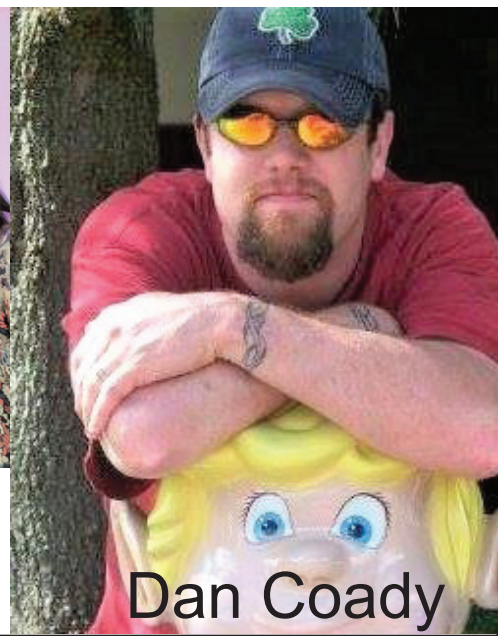
Thanks to donations from the following individuals, The Valley Patriot was able to award two students who attended the Thomson School in North Andover (Where Dan's kids go) a check for $1,425.

Donating to this scholarship were:

Al Veilleux- $500, Frank Coady Family -$500, Kate Callahan (Callahan Heating) $500, Mike Buco and Sons Construction $500, Heather Mariani-$300, Ken Deluca-$100.00, Frank Quintanna, (Quintanna Supplies)- $100, Brian Genest- $100, Joyce A. Ratcliffe Mullen- $100, North Andover Town Moderator Mark DiSalvo, $100, and Jessica Leigh-$50. for a total of $2,850.

This year's Dan Coady Memorial Scholarship winners were Hannah Phelan and Joe Valentino of North Andover.

Valley Patriot publisher Tom Duggan, Hanna Phelan, Joe Valentino, North Andover Selectman Phil DeCologero, and Nicole Cameron, sister of Dan Coady who was tragically killed last year one week before our annual BASH.



Hannah Phelan - A current senior at North Andover High School, Hannah attended the Thomson Elementary School and currently has a 4.54 weighted GPA and has taken mostly honors classes in high school as well as 3 Advanced Placement classes.

As of right now, Hannah hasn't decided what school she will be attending, but her current top choices are Bates, Boston College and Villanova. She is interested in majoring in biology and wants to be a genetic counselor.

Joe Valentino - A senior at North Andover High, Joe volunteers his time in the Best Buddies program, was the lead fundraiser for annual Wrestle 'Lympics event, (2017 to Present). Recruited high school wrestlers from several communities to participate in annual fundraising events, solicited local businesses for donations, contacted professional sports organizations and received donations to be raffled during events, created themed baskets to be raffled off at events. Joe also Emceed raffle events and raised over $6,000 for North Andover Best Buddies organization this past year. Was ambassador for Summer Bay State Games, (2017 to present), promoted all sports of the Summer Bay State games throughout North Andover.

Both students have yet to decide what college they are attending in the fall. ◊

Methuen Resident Honored for Contributions to Greater Lowell Immigrant Community

To mark 100 years of service to newcomers to Lowell, the International Institute of New England (IINE) will honor 100 Lowellians who have influenced, led, and been part of Lowell's vibrant immigrant community at a celebration on Wednesday, May 1st in Lowell.

"Since our founding in 1918, the people of Lowell have been our partners in resettling, educating, and welcoming newcomers to the city," IINE CEO Jeff Thielman said. "In turn, immigrants and new Americans have been an integral part of Lowell's growth and history. They have shaped the city's history, people, and personality."

IINE is one of the oldest and largest refugee resettlement and immigrant services organizations in the region. Each year, IINE serves 2,000 people in Lowell, Boston, and Manchester, NH. The organization's century of service will be celebrated in the city where it all began. As part of the centennial celebration, IINE invited the greater Lowell community to help identify 100 of the most admirable leaders from Lowell's immigrant community who have made achievements in their fields, as well as locally-born Lowellians who have supported immigrants and immigrant issues.

Included in the "Lowell 100" list of honorees are professors, priests, public servants, educators, executives, entrepreneurs, and advocates. The Honoree List represents 35 different countries, many generations, and dozens of industry sectors.

One of the honorees, Sheila Och, is an immigrant from the Dominican Republic and a resident of Methuen, MA. Ms. Och has worked in public health for over twenty years, including her tenure as Chief of Community Health and Policy at Lowell Community Health Center. She will be recognized alongside her fellow honorees during the Lowell 100 Celebration at the Lowell Memorial Auditorium on May 1, 2019. The event will feature food from local immigrant-owned restaurants and a special exhibit featuring IINE's history of service to the immigrant community.

"To my knowledge, no attempt has ever been made to honor 100 Lowellians in this fashion," Dr. Robert Forrant said. He is a professor in the History department at the University of Massachusetts Lowell, and a local history expert helping IINE delve into its own archives and others to present a topical examination of the legacy of immigration in Lowell.

"In such an inclusive way, to review the city's history and come up with an honor roll of 100 immigrants and refugees who have helped to vitalize the city is a big undertaking," he said. "But one worthy of the impact the honorees will have made on the city."

A group of women from Lowell and the surrounding area founded the International Institute of New England (IINE) in 1918. They banded together in response to rising nationalism in the USA following WWI. Originally, IINE welcomed refugees who arrived by boat and helped them with housing, employment, and language training. Today, much of that same work continues, but with a modern slant on services. IINE staff greet new arrivals at the airport, secure their housing with local landlords, and set them on a fast-paced 90-day route to self-sufficiency. Immigrants who are not refugees participate in IINE's English for Speakers of Other Languages (ESOL) classes, job-training programs, and legal services.

A public celebration honoring the Lowell 100 (and their descendants) will take place at 6:00 pm on Wednesday, May 1st at the Lowell Memorial Auditorium. For more information or to buy tickets, visit iine.org/100 or contact IINE at events@iine.org or 978.459.9031. ◊

Navy Senior Chief Cryptologic Technician (Interpretive) Shannon Kent-U.S. NAVY-KIA Syria

Please write your US Congressman and US Senators; ask them to name the next US Navy Warship built after this American Hero!

US Navy Senior Chief spoke English, Arabic (four dialects), Spanish, French, and Portuguese!

The US Navy denied Senior Chief Kent's plans to attend a Naval Officer Commissioning Program in clinical psychology, because the 35-year-old mother of two had previously been diagnosed with thyroid cancer. Despite that illness, the service considered her fit to deploy, and the linguist deployed on her fifth combat tour in November 2018 when she was sent to Syria where she was killed in action on January 16, 2019.

A wife, and mother of two, she leaves behind her husband, who is retired from the US Military and two sons, one three years old, the other eighteen months old.

During her memorial service, Kent was posthumously promoted to senior chief petty officer, awarded the Bronze Star, the Purple Heart, the Defense Meritorious Service Medal, the Meritorious Service Medal and a Combat Action Ribbon.

Please join other Patriotic Americans and Veteran's in a letter writing campaign to get a new construction US Navy Warship named after this hero. ◊

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HAVERHILL NEWS FROM WHAV.NET

Ken Deluca of Haverhill, Haverhill School Committeeman Scott Wood, Al Veilleux (who started the scholarship,Valley Patriot Publisher Tom Duggan, and Whittier Tech.Senior Kaylee Cerullo.

Whittier Tech Senior Among Those Receiving Scholarships; Seeks to be Registered Nurse

Tim Coco
WHAV.NET PUBLISHER

A senior at Whittier Regional Vocational Technical High School is receiving help paying her tuition to a college nursing program this fall.

17-year-old Kaylee Cerullo was awarded a $2,133 scholarship Friday night during the Valley Patriot newspaper's 15th Annual Bash. She plans to attend to study nursing at Northern Essex Community College after graduation from Whittier. Cerullo is already a certified nursing assistant at Wingate Nursing Home in Haverhill, where she is certified to work with dementia patients and administration of CPR and first aid. She seeks to become a registered nurse.

At Whittier Tech, Cerullo has been a member of the peer leadership program and cheerleading and volleyball teams. She also volunteers each year for the Vietnam Memorial Road Race.

Cerullo was presented the scholarship by Whittier Tech School Committee member Scott W. Wood Jr., Valley Patriot Publisher Tom Duggan and donors Al Veilleux and Ken Deluca. Other donors were Lisa Williams, Local 1421 Building Wreckers, Rep. Lenny Mirra, Haverhill Mayor James J. Fiorentini, Frank Quintanna, Joe and Connie Carroll, Twomey and Legare Contracting, David Electric, Dave Abdoo and Bob Rennie.

Scholarships were also presented to Rachell Hiraldo, Lawrence High School; Dahianna Diplan and Dan Wahlgren, both from Greater Lawrence Technical School; and Joe Valentino and Hanna Phelan, both of Thomson School, North Andover. The latter scholarship is new this year, honoring Dan Coady Jr., who was killed last year when struck near his tow truck on I-495.

The Officer Tom Duggan Sr. Public Safety Award was given to Lawrence Police Lt. Sean Conway, Lawrence Police Officer Carl Farrington and Lawrence Fire Lt. Mike Maglio. Other awards included the First Amendment Award, presented to Tim Coco, WHAV; John Ratka Hero Veteran Award to Eugene Smith and John Cuddy; Scott Clegg Goodwill Ambassador Award to Michael Gorman and Carina Pappalardo; and Lifetime Achievement Award to former Methuen Mayor Stephen Zanni.

The annual Valley Patriot Bash honors Lawrence Police Officer Tom Duggan Sr., who was killed in the line of duty in 1990. ◊

Valley Pariot publisher Tom Duggan, JrROTC Lawrence High Student Rachel Hiraldo, and 82 year old Army veteran Eugene Smith of Military Connections who donated $1,200 toward this scholarship.

Lawrence High, JrROTC Student Rachel Hiraldo Gets $2,175 Scholarship

Valley Patriot readers donated a total of $2,175 for a scholarship to Lawrence High School senior Rachel Hiraldo at the Valley Patriot's 15th Anniversary Bash at the Firefighters Relief's In on April 5th.

Donating to this scholarship were:

Eugene Smith - $1,200, The Lawrence Lions Club - $300, Anonymous - $100, Kelly O'Brien - $100, Billy Evans - $150, Al Veilleux - $200, Sue Petrakis - $25, and Lawrence City Councilor Dave Abdoo - $100.

RACHEL HIRALDO

Rachell Hiraldo attended Passaic High School in New Jersey for her freshman and sophomore years where she was involved in the Navy JROTC program. Upon transferring to Lawrence High School her junior year, Rachell quickly became involved in the Army JROTC.

She is a member of the Lancer Battalion JROTC and holds the rank of Cadet/Major , Position: Executive Officer.

She has earned the JROTC Superior Cadet Medal during her junior year and has won a myriad of other awards and distinctions through JROTC.

Rachel currently maintains a 4.19 GPA and is a member of The National Honor Society.

Her counselor describes her as "an incredibly sweet and humble student" and "by far one of the brightest and most intelligent students" that she works with and I am very much looking forward to where she will go with her life."

Because of our sponsors, this is the 8th year The Valley Patriot has been able to give college scholarships to Lawrence High School seniors through the LHS Alumni Association. Because of your support we've donated scholarships to 13 students from LHS to date.

Previous recipients: 2010-Davante Jones, Franklin Pierce University| 2011-Crismelys Ruiz, Lincoln Tech. Lowell - Med Asst.| 2012-Ambar Hussein-Martinez, Northern Essex| 2013-Thalia Garcia, Westfield State University: 2014 Sofia Cardenas and Ramses Jiminez Candelario | 2015 winners Christopher Pichardo & Caroline Garcia | 2016 winners Kevin Vanderhorst & Thu Dang. | 2017 Winners Christian Lantigua and Leslie Morerro, | 2018 Darlene Santos◊

WILLS & TRUSTS ARE WHAT WE DO!!!

Every day when we walk out the door, there is always the possibility that it may be our "last" time. You wouldn't walk out the door without your wallet; if you fail to plan for your Family's future, that's exactly what you may be doing.

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Sunday 12PM – 9:30PM

NOW THAT WAS A BASH!!!

Each year the Valley Patriot celebrates our anniversary with a charity BASH scholarship and award night. This year we raised and gave away almost $10,000 in scholarships to local students, raised money for Veterans Northeast Outreach in Haverhill, and were able to give out 8 different awards to community heroes. Once again we packed the room at the Firefighters Relief's In on Market St. in Lawrence. It was a great celebration of our 15th anniversary and we could not have done it without our advertisers, readers, donors, and sponsors. We also couldn't have done it without a great BASH Committee. All year round, Brenda Rozzi, Maria Fiato, Chris Eldridge, Eric Malanson, Rich Russell, and Rick Bellanti, work to make this event as flawless as possible. Thank you all for helping us help others! We will see you next year at the Relief's In for our 16th Anniversary.

SPECIAL THANK YOU TO OUR SPONSORS

Mike Agricola and Phil Wood of Salvatore's Restaurant who donates dinner every year, Dawn Pease of Dawn's Sign Tech in North Andover who donated our banners, Mimi and the fine people at Sahtaine in Methuen who donate the hummus and pita, Keith Wlodyka of Daily Dose Café for providing free coffee, Bob Wescott of Copilabs for donating the programs, Henry's Jewelry and Awards in Lawrence for donating the awards, DJ Rick Bellanti of Bell Aire Music productions who DJ's the event for free every year and the Lawrence Firefighters Association for donating the hall every year, Gracemarie and Joyce Tomaselli for providing free deserts, Kelley's furniture in Lawrence for donating three pieces of beautiful furniture for our Raffle, and all those people who donated baskets and raffle items. A very big thank you as well to our financial donors who helped us fund our scholarships: Al Veilleux, Ken Deluca, Frank Quintanna and Quintanna Supplies, Frank Coady Family, Coady Towing, Mike Buco & Sons

Construction, Kate Callahan-Callahan Heating, Brian Genest, Patrick Francis, Heather Mariani, Joyce A. Ratcliffe Mullen, Eugene Smith-Military Connections, The Lawrence Lions Club, Kelly O'Brien,

Christine Prescott, Wendy Perez Solivan,

Local 1421 Building Wreckers - Tom and Nancy Troy, Lisa Williams - AFC URGENT CARE, Bob Wescott, COPILABS, State Rep. Lenny Mirra, Haverhill Mayor Jim Fiorentini, Scott Punk, Mike Gagliardi,

Laborer's Union 175, Joe Viel - Cemetery Services, Joe Dunn, Geoff Diehl, Attorney Paul Lambert, DJ Beauregard, Tony Silva- Lightship Liquor, Haskmuh Vora - Rt/110 Convenience, Northeast Storage (Karen Montijo), Jana Zanni Pesche, Bob Leblanc,

Kathleen Laplante, Tom Ciulla, Dawn Pease - Dawn's Sign Tech., Irish Cottage,

Roger Twomey, Lawrence Lions Club, Carina Pappalardo - Gr. Lawrence

PsychologicalCenter, Donald Jarvis,

CONSPIRACY THEORIES IN N. ANDOVER SELECTMEN RACE

Last month North Andover held our annual elections for board of selectmen and school committee. Up for reelection this year were Rosemary Smedile for board of selectman and Amy Mabley for School Committee. A few days before the primary a woman named Julia Ross decided to launch a write in campaign against Smedile for selectman touching off conspiracy theories that selectman Phil Decologero was the evil force behind a challenge to Selectman Rosemary Smedile.

I have to tell you this is one of the many reasons I stopped being a republican. Locally, whenever something doesn't go their way, it's always assumed that there's some evil conspiracy behind it, and of course a local bogeyman to blame. In North Andover that bogeyman is usually Phil Decologero. But, I know for sure that Phil had nothing to do with the write-in campaign of Ms. Ross because Phil was in my office on Election Day instead of working the phones to help her get elected. And... if Phil had been behind the write in campaign, Ross would have received a hell of a lot more votes than the 329 votes she received. Late election night, after the votes were counted, I was contacted by a republican friend of mine who was about to post on Facebook an "in your face" message to Phil after "his write-in candidate failed miserably". When I informed him that Phil had nothing to do with it he thanked me for preventing him from making a fool of himself and admitted he got the bogus information from the Smedile campaign.

WHY I DIDN'T VOTE

For the first time in decades I didn't vote. While I understand that there were only two candidates on the ballot and that both seats were uncontested, that's no excuse for those two candidates to NOT campaign. First off, shame on the people of North Andover for not fielding at least three candidates for each seat. It shows complacency and laziness and that kind of political culture usually leads to arrogant public officials and corruption.

Not once during this election did I hear from either candidate asking for my vote, asking me what my priorities are as a voter, or even reminding me when election day was. I didn't receive one phone call (until Election Day and that was a recording) and I didn't get ONE mailing or piece of campaign literature.

Shame on the North Andover candidates for not caring enough to campaign and educate the voters whether they had competition or not. As far as I'm concerned neither of them deserved my vote. I hope future candidates for office in North Andover don't take a page from the 2019 campaign.

VISPOLI PULLS IT OFF IN ANDOVER

Congratulations to our friend Andover Selectman Vispoli on his reelection last month. Vispoli is one of our kindred spirits as he was elected in March of 2004, the very month we started The Valley Patriot. Alex placed second to Dan Koh who failed last year at a run for Congress.

ANDOVER STILL CAN'T WALK THE WALK

It's funny when you think of the fact that Andover has become such a left wing regressive town, and then compare their actions with their rhetoric. Last year, Andover threw out right wing republican Jim Lyons as their state rep. and elected his polar opposite in a left wing democrat Tram Nguyen. Yet, when it came to voting this year for selectmen and school committee, they elected another slate of all rich, white candidates, with former congressional candidate Dan Koh topping the tickets.

Two questions popped into my mind as this was happening. First, if Dan Koh is such a "progressive" (which really means regressive) and he really cares about diversity as he claims, why didn't he step aside and recruit a black woman to run for selectman and then endorse that candidate? Secondly, where is all the diversity in Andover? To me this is just another instance of liberals saying they believe one thing, while in practice doing the exact opposite. I guess it's easy to preach diversity to others when you live in a rich, lily-white town like Ahhhndover where you get to vote for rich white men like Dan Koh, all the while castigating people in other towns for not being diverse enough.

HARSH CRITICISM OF METHUEN PD ON DOG STORY IS MISGUIDED

Earlier this month the Methuen police were on the hunt for someone who reportedly shot the dog of a Methuen resident. Because Methuen is far more transparent than Lawrence and Haverhill, the police released the info they had right away, including photos of the search. Upon further investigation and an autopsy of the dog, it turned out that the dog was not shot, but mauled by another animal.

Immediately upon releasing this information, people on social media began to SAVAGE the Methuen police for "getting it wrong." One angry snowflake accused the police of putting out "fake news". This is patently unfair. The fact is, the police put out the information that they have when they have it. And what they had was a REPORT of a dog that had been shot. If someone really was out there shooting dogs and they didn't release the information they would have been accused of concealing important public information.

When they learned new information and found out that the dog had not been shot, they told us that too. This is no different than the day we reported that there was a gas explosion in Methuen on Hampshire Street during the Columbia gas disaster.

We reported that because that is what the Methuen Fire Department dispatched over the scanner. When they got there, however, they learned that there was no explosion and no gas leak but that an elderly resident smelled gas and thought that saying it was a gas explosion would get authorities there faster. Within seconds of reporting the new information I was vilified as "fake news" on social media by keyboard warriors who know nothing about how these things work. But, just like the Methuen police situation, as soon as we got the updated info we put that out to the public. How does anyone know that the dog wasn't shot in Methuen? Because the police told you! They could have just not said anything at all for fear of being vilified by the haters and critics.

The lesson to be learned here is that if you are going to attack someone for getting something wrong the second they correct inaccurate information, you are discouraging people from ever correcting anything. Methuen should be happy they have a police department that is transparent during a public safety situation. They should also be grateful that they have a police chief and a police department that is willing to give you the follow up information when they find out new or conflicting information. That means that at the end of the day you are more informed. That kind of transparency is good for everyone.

GEOFF DIEHL FOR SENATE?

A few weeks ago former state senator and former candidate for U.S. Senate, Geoff Diehl was asked on WRKO if he was considering a run for U.S. Senate next year against Senator Ed Markey. Diehl didn't say no. When he appeared as our keynote speaker at the BASH last week we asked Diehl if he was going to run and again he didn't say no. Given that, Diehl has spent far more time in Lawrence as a private citizen helping Daybreak homeless shelter and pitching in to help the city than Ed Markey has as a U.S. Senator in the last eight years. To this minute, Senator Ed Markey has never once picked up the phone to find out what they need at the Daybreak or any of the other homeless shelters or organizations that help the poor in the city. Of course, now that election time is nearing, Markey showed up in Lawrence for a press conference last week to unveil some new legislation for pipeline safety and named the legislation after the young man who was killed on Chickering road during the gas explosions last September. MEMO TO ED MARKEY: pick up the damn phone, call House of Mercy, Daybreak, Pegasus House, or Women's Day, and talk to the people who run those organizations about what they need. After all, as a democrat who pretends to care about the poor, you might want to actually contact the people servicing the poor and do something to help them. Otherwise you just continue to be the hypocrite you have been for the last ten years.

NECC HOSTS HEALTH CAREER AND JOB FAIR DAY

Northern Essex Community College will hold its first health career and job fair on Monday, April 29th, from 10 a.m. to 2 p.m. in the Dr. Ibrahim El-Hefni Allied Health and Technology Center, 414 Common St., Lawrence.

This event, which is free and open to the public, is sponsored by the NECC Career Center and Center for Health Professions. Current Northern Essex health students, alumni, and community health workers are encouraged to attend.

Attendees will have the opportunity to meet with local healthcare providers/employers and apply for jobs so bring along copies of an updated resume. The following employers will be in attendance: AFC Urgent Care, Career Services of NECC,

CONTINUED UNDER FREDDIE

TOM DUGGAN'S NOTEBOOK

Sheriff Kevin F. Coppinger is joined at the Hardscaping Graduation by members of his staff, Essex North Shore Agricultural and Technical School, and the New England Concrete Manufacturer's Association.

FREDDIE SAYS

It's getting warm out, time to let your cats out to play!

Freddie also Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
978-557-8601

Concord Hospital, Elliot Hospital, Exeter Hospital, Greater Lawrence Family Health Center, Home Care Specialists, Lahey Burlington, Lawrence General Hospital, Lowell Community Health Center, Moore Staffing, Pentucket Medical, Regis College, Sarah's Place, and Visiting Angels.

Resume reviews will be held on Tuesday April 16th, and Wednesday, April 24th, from noon to 1:30pm in the El Hefni lobby for NECC health students interested in having their resumes assessed.

For additional information, contact Linda Comeau at lcomeau@necc.mass.edu

HAVERHILL CULTURAL COUNCIL

You are cordially invited to The Haverhill Cultural Council's 2019 Grant Recipient Reception on Wednesday, May 15th at 7pm at the Haverhill Citizen Center, 10 Welcome St., Haverhill, MA 01832

Entertainment will be provided by HCC Grant Recipients. Light refreshments will be served. The event is open to the public and all are welcome to attend.

RSVP before May 2nd, to Haverhill.grants@gmail.com or

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Classes are $175/week per child.
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Program fees include materials and snacks. Space is limited. Learn more and sign up. Sign up before June 1st and get 10% off. If you have any questions, please call the office at 978-452-7641,or email Rae Easter at reaster@whistlerhouse.org.

AMESBURY MILL LECTURE BY JOE FAHEY

Wednesday April 24 at 7pm in Amesbury City Hall, free and open to all.

Downtown Amesbury is defined by the brick mill buildings that line the Powwow River. These historic buildings – some nearly 200 years old - are home to a variety of businesses, studios and residential spaces. Forty years ago the millyard was in disrepair and many buildings showed the heavy wear of continual use or neglect. The process of preserving and revitalizing the downtown required vision and planning to create the area we know today.

Former Director of Community and Economic Development, Joseph Fahey will present a special lecture describing the process of saving and redeveloping the Amesbury millyard, a project that began in 1979. Fahey led the process of recovery and will share his stories of this successful urban renewal project.

Renovating the Amesbury Millyard will begin at 7:00 pm on Wednesday, April 24th (doors open at 6:30 pm) at the Amesbury City Hall, located at 62 Friend Street, Amesbury. The event is free and open to the public. Donations to support the museum's program series are welcome.

Renovating the Amesbury Millyard is the fourth annual Bailey Family lecture, a special program organized by the Amesbury Carriage Museum and named in tribute to the Bailey Family who for generations has been leaders and supporters of the Amesbury cultural community. ◊

NECC Administrator Receives National Award

Nancy Julin, Northern Essex Community College's assistant dean of health professions and director of iHealth programs, received the Idahlynn Karre Exemplary Leadership Award during the Chair Academy's 28th Annual International Leadership Conference in Atlanta, Georgia.

Julin, of Leominster, who has worked at Northern Essex for 15 years, will retire in May.

"Nancy Julin was instrumental in the implementation of this unique, successful program," wrote NECC President Lane Glenn, who nominated her for the award. "iHealth serves the needs of busy, working adults who need flexibility in pursuing a college credential to obtain a living wage or advancement in their careers in the health care field. This effort involved creating multiple new academic programs, all offered in hybrid (part online and part classroom) courses so students only had to come to campus one or two nights a week."

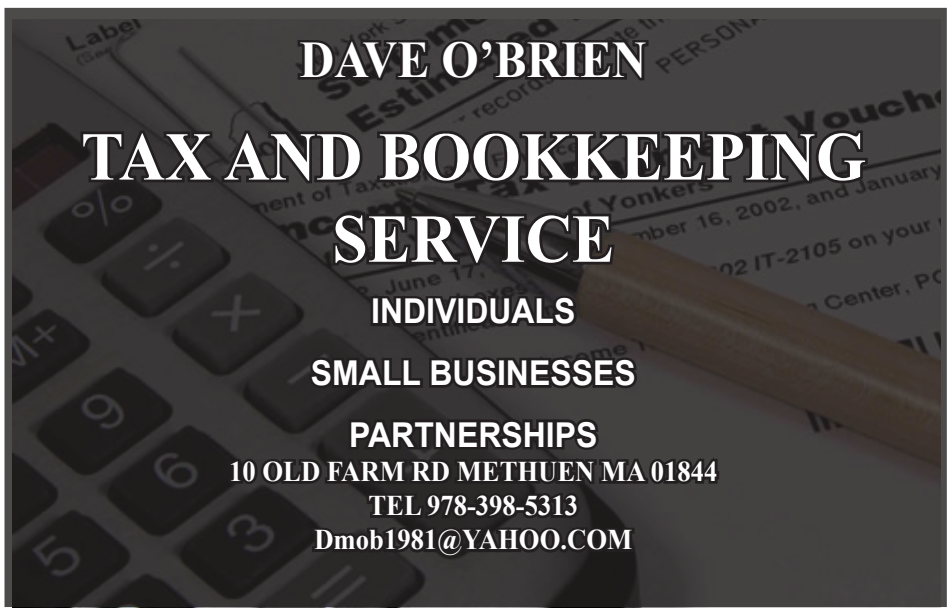
In addition, Glenn noted that Julin also oversaw support services for these busy adults, often from underrepresented groups to assure they were successful. iHealth has served thousands of students and helped to fill critical needs in our regional health care system.

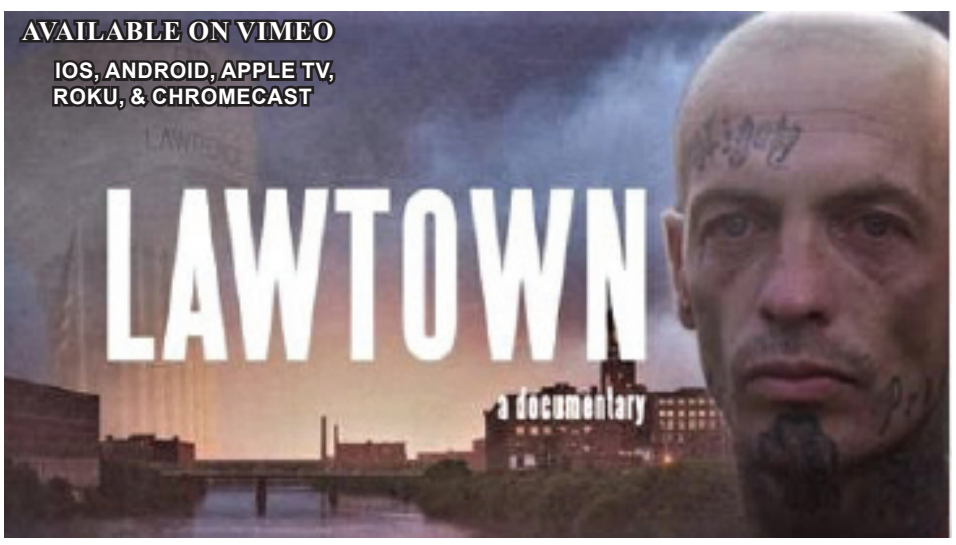
The prestigious award is given to an individual or a team that has developed a program to enhance the learning community, increased diverse offerings while meeting the needs of a changing college population, created an environment that empowers others or exhibited model loyalty, commitment, and integrity.

Health care faculty member Nancy Julin, assistant dean of health professions, and Northern Essex Community College President Lane Glenn.

Glenn presented the award to Julin at the conference in late March.

For additional information, contact Sharon McManus, director of professional development, at smcmanus@necc.mass.edu





Medicare "Buy-In" Proposals Are Another Path Towards Single-Payer Health Care

Kevin St. James
NH COUNTY COMMISSIONER

As we welcome the 2020 presidential contenders to New Hampshire we need to get to know and scrutinize their policy proposals. Early on, Medicare for All became a battle cry for many of the candidates, until it got so many bad headlines that some of the candidates have started discussing a more "moderate approach" to health care reform, the so-called Medicare buy-in proposals. But the truth is, these proposals provide more questions than answers and even their supporters admit that they will put an end to the choice and control Americans have today through competing coverage options.

Here's the point: In the end, Medicare buy-in or public option proposals would result in a one-size-fits-all health care system run by politicians and bureaucrats in Washington, and there is nothing "moderate" about that.

Medicare buy-in plans are nothing new and have been floating around in Washington for decades, most recently during the 2009 Affordable Care Act debate. They've been shot down in the past for good reason.

Under Medicare buy-in, market-based plans like highly popular and stable employer-sponsored coverage would be eroded by a government-run program, and patients would see fewer and fewer options until only the government-run plan remained. As one health care expert stated, "the public option won't be an 'option' at all – it will be the only health plan available."

Rather than addressing the root causes of high health care costs, these government plans simply make huge cuts to the amount paid to doctors and hospitals, forcing these health care providers to put limits on the care they provide – which is bad news for patients. For folks here in New Hampshire and across the country, this would mean fewer choices and options as the entire health care market is destabilized. It would also create huge disruptions to people's care as they are forced away from their current coverage, doctors and hospitals – plus it would produce longer wait times and a lower quality of care as doctors and hospitals struggle to provide services in the face of big cuts to their resources.

And this doesn't even take into account the massive price tag of such a program which would force American families – including those who cannot afford it – to pay in higher taxes. Further, it remains to be seen how pushing millions more Americans into Medicare would affect the program's trust fund, as well as the more than 200,000 Granite Staters who rely on Medicare and have paid into it for years. It's not fair for politicians to put all Americans' health care, especially that of seniors, at risk by making these massive changes to our system.

Today, more Americans have access to health care than ever and recent polling indicates that the vast majority of Americans are satisfied with their current healthcare coverage thanks to the way private and public programs are working together. Patients with pre-existing conditions are protected and young adults can stay on their parents' plans until they are 26 years old.

Is there more that can and must be done to ensure affordability and accessibility for all Americans? Yes, of course. But a government program that would force Americans off their existing coverage, eliminate choices, and subject patients to serious disruptions and a lower quality of care? That is not the solution. Let's insist that the presidential candidates offer us real, practical health care solutions. ◊

Respectfully, Kevin P. St. James, County Commissioner

The Scanner Expert

Rich Russell
VALLEY PATRIOT GUEST COLUMNIST

Greetings again, frustrated scanner listeners.

Here is some more information that may make listening to scanner more informative again.

If I were to setup a new scanner and that scanner was a low priced unit that was strictly an analog receiver, meaning that it can only receive non digital signals, I would program in various frequencies from communities that surround Lawrence and also a handful of MA State Police frequencies.

I would include the following: Andover PD-482.6125 & Andover FD-483.5875; Lawrence FS-154.445, Lawrence Auxiliary PD-159.3525 & Lawrence General Hospital Ambulances-155.265; Methuen FS-484.925; North Andover PD-484.7875 & North Andover FD-453.1875; Fire District 15 Mutual Aid-154.07 & 460.1375 (simulcast-both frequencies).

The following MA State Police frequencies are included in case you have a scanner that receives the 800 megacycle frequency range.

MA State Police: 852.3125, 854.0875, 856.7125,856.9625,857.7125, 857.9625, 856.7375, 856.9675, 857.7375,857.9625, 858.7125, 858.7375, 858.9625, 859.9625. Due to the fact that the MSP radio system is a trunked system, meaning that any radio transmission will be assigned the next available frequency, it is difficult to give out specific frequencies. These are the frequencies that are most active in this area. You are likely to hear other radio users, for example prisoner transport from jail to court and vice versa; also, prisoners being taken to the Shattuck Hospital for non-emergency medical treatments.

I would also make sure that I programmed in the 2 BAPERN frequencies and the 4 NEMLEC frequencies too as they act as Mutual Aid for the Police.

With the loss of the Lawrence Police dispatch channel, we never know what is going on locally.

If something serious in the way of a BOLO (Be On the Look Out) is issued by the LPD, all of the above-mentioned Police agencies would broadcast the BOLO on their frequencies.

As I pointed out last month, a lot of information can be gained by listening to the LGH Ambulance frequency and the LFD dispatch frequency.

Now the caveat: Never ever comment on a name or address that you may hear on the scanner, particularly on the LGH frequency.

Another caveat is be extremely careful what you say to people in 'real time' about what you may hear on the MSP frequencies. The MSP have many ongoing surveillance operations all over the city with multiple vehicles. They, as a rule, are very cautious about describing locations.

I was going to delve into federal radio frequencies, but since most are encrypted 99% of the time, it isn't worth the time.

Next month I will get into the wealth of information in the www.radioreference.com website.

Until then, enjoy the scanning. ◊

First Amendment Leaves Dracut Officials Mostly Speechless

Brian Genest
DRACUT COLUMNIST

Free speech can be hard to swallow, especially in Dracut.

You'd think that a letter from Judicial Watch challenging the constitutionality of the political sign bylaw would be the talk of the town government. You'd be wrong.

Here's some highlights, so you can see for yourself…

"After hearing from a Dracut resident, we have reviewed the town's zoning bylaw concerning political signs. It is not content-neutral and is therefore unconstitutional. We ask that you repeal or revise the bylaw immediately. In addition, we ask that you prohibit enforcement of the bylaw until the repeal or revision is complete. This will prevent any further chilling effect on political speech."

Seems serious, right? Town Manager Jim Duggan didn't mention it in his update to the Board of Selectmen on February 26th. The only person who did ask about the letter was Selectman Joe DiRocco. When he did, Duggan called Judicial Watch a "special interest group" and tried to dismiss it, saying it had been referred to Town Attorney James Hall, who was not at the meeting.

"We're not mandated for what is said within that letter," the town manager proclaimed.

Not mandated to protect freedom of speech? Not mandated to support the First Amendment? Not mandated to follow Supreme Court rulings?

Selectmen Alison Hughes, Jesse Forcier and Tony Archinski said nothing. (Tami Dristiliaris was absent.)

At the Selectmen's meeting March 12th, Jim Duggan gave his town manager's update, again. He didn't mention the issue, again. Joe DiRocco asked him for an update, again.

Town Attorney James Hall did all the talking – and his opinion about the bylaw was much different.

"There are cases that cover this area and say it's unconstitutional," he said. "This is all about First Amendment rights."

Selectmen had plenty to say this time and most of it makes you wonder if they've read the letter from Judicial Watch, the First Amendment or their own bylaw.

The letter was very clear…

"Although these restrictions may be in place to preserve aesthetics or protect traffic safety, the content of the signs is irrelevant. As the Supreme Court has said, political signs are neither greater of an eyesore nor greater of a threat to safety than other types of signs. Simply put, there is no compelling governmental interest to regulate political signs differently and more severely than directional and accessory signs."

Selectman Alison Hughes was determined to keep restrictions, citing those for special-event signs, such as road races.

"It would fall under that, wouldn't it?" she asked Attorney Hall.

His answer was "no," citing recent Supreme Court decisions about free speech. "It's the number one right, almost next to religion," Attorney Hall explained. "And it's political speech, which is the number one right in all free speech."

That wasn't good enough. "Nobody wants the town peppered with signs," Hughes sighed.

"Ya, it'll be a mess, that's the only thing," interrupted Selectman Tami Dristiliaris, a lawyer.

Chairman Jesse Forcier said he thought the time restriction was simply "a gentleman's rule." Um, no, it's right there in the bylaw, Hall and his fellow selectmen let him know.

Selectman Tony Archinski, the selectmen's representative to the zoning bylaw review committee, mistakenly said he's been waiting for Chairman John Crowley to schedule a meeting to discuss the issue since November, and asked for the process to be sped up.

I filed my complaint last August. At that time, Archinski expected the meeting to happen in September. When I followed up in October, Archinski said he'd let me know when the meeting was scheduled.

At the selectmen's meeting March 26th, you know who gave his update, again. You know who didn't mention the issue, again. You can guess who asked for an update, again.

This time, Attorney Hall said John Crowley would schedule an April meeting to make a recommendation in time for the June town meeting. Finally. But I couldn't stop thinking about something Hall said at the previous meeting.

"This has been on the front burner—on and off—for 15 years," he said. "I think it's a good time, getting a letter like that, to really review it, bring everyone's attention to it and make a decision one way or the other."

Great idea. I was starting to think Dracut didn't care about freedom of speech. After all, it only the took the town 8 months—and 15 years—to set up a meeting to talk about it!

— Brian Genest is chairman of the Dracut Republican Town Committee and a member of the Massachusetts Republican State Committee representing the Second Essex & Middlesex District of Andover, Dracut, Lawrence and Tewksbury. ◊

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Top left: Valley Patriot publisher Tom Duggan, Gr. Lawrence Tech. Scholarship winner Dan Wahlgren and his mom Cheryl Wahlgren. Top right: Scholarship winner Dahianna Diplan with Mike Gagliardi, president of Laborer's Union Local 175 in Methuen, who donated $1,000 for Dahianna's college education.

Valley Patriot Readers Donate $2,100 for Tech Scholarships

Valley Patriot readers and advertisers stepped up to the plate again this year donating a total of $2,100 for our Valley Patriot, Gr. Lawrence Tech Scholarships at the 15th Anniversary BASH.

DAHIANNA DIPLAN

Michael Gagliardi, president of Laborer's Union Local 175 donated $1,000 again this year for a student graduating from the Gr. Lawrence Tech.

Gagliardi was on hand April 5th at the Firefighters Relief's In to present his check to Dahianna Diplan.

Diplan is the daughter of Nancy Cruz, resides in Methuen and is in the Business Technology program at Greater Lawrence Technical School. Dahianna has excelled academically in advanced classes and maintains a 3.9 G.P.A. Dahianna is a model student with excellent leadership skills.

As a result of her hard work and determination in her career area, Dahianna has obtained employment via the Cooperative Education Program at Greater Lawrence Technical School. She is professional, reliable, and a great example of what it means to be a team player.

Dahianna is a John and Abigail Adams Scholar and has volunteered at Bread and Roses. She is a Reggie Leader, a Class Representative, and is on the Yearbook Committee.

Dahianna's future plan is to study Criminology at a 4 year university.

DAN WAHLGREN

Valley Patriot readers donated $1,100 to a scholarship for Gr. Lawrence Tech. senior Dan Wahlgren of Methuen.

Donating to this scholarship were:

Christine Prescott - $100, Wendy Perez Sollivan -$25, Tom and Nancy Troy from Local 1421 Building Wreckers-$500, Paul Dunphy-$25, Janie Evans-$175, Janie Wilson - $100, Rick Bellanti, Bell Aire Music - $75, and Robert LeBlanc - $100.

Wahlgren is joining the U.S. Marines and plans to major in engineering at UMASS-Lowell.

Wahlgren is/has been a member of the National Honor Society, cross country, indoor track, outdoor track, offseason wrestling with Greater Lawrence, Lawrence High, Whittier tech, and Doughboys, wrestling, peer mediator, MIAA Leadership Summit, the yearbook committee, Athletic Council, and mentoring STEAM students. ◊

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Welcome Home, Vietnam Veterans

Rep. Linda Dean Campbell
VALLEY PATRIOT COLUMNIST

As a Veteran, I am honored to have been appointed as House Chair of the Joint Committee on Veterans and Federal Affairs for this session and to have the opportunity to work on legislation that will improve services and care for those who have served. My first order of business is to meet with as many Veterans organizations as possible and to prepare to advocate for our Veterans in the upcoming House budget process. Meanwhile, I have joined citizens across the Commonwealth in honoring our Veterans on a number of occasions:

National Vietnam War Veterans Day at the State House:

On March 29th, the Commonwealth honored our Vietnam Veterans with a Welcome Home that many of them did not receive when they returned from Vietnam. The federal Vietnam War Veterans Recognition Act, enacted in 2017, designates every March 29th as National Vietnam War Veterans Day, for on that day in 1973, the last U.S. combat troops left South Vietnam. The event was a moving tribute as Vietnam Veterans from across the Commonwealth gathered in the State House along with many of my colleagues in State Government and national Veteran leaders. It was my honor to contribute some words of thanks to our Vietnam Veterans. To our Vietnam Vets: WELCOME HOME. In the Commonwealth of Massachusetts, we pledge to work with you to provide the care you and your families need and deserve.

Massachusetts Women's Defense Corps Remembrance Day:

April 2nd marked the Commonwealth's first annual observance of Massachusetts Women's Defense Corps (MWDC) Remembrance Day. Established in 2018 through legislation I filed with Rep. Paul Tucker, this day honors 18,000 volunteer women who provided critical civil defense services to the Commonwealth during World War II. These incredible women served as air raid wardens, canteen workers, communications personnel, medics, chemical detection personnel, and firefighters. Though there are few members of the MWDC alive today, their dedication to our country paved the way for future generations of women to lead in so many other capacities.

Funerals of WWII Veterans Al Corn and Sara Hayden:

It is with great sorrow and respect that we mourn the passing of Al Corn and Sara Hayden, two decorated WWII Veterans from Methuen. Al served in General Patton's Third Army, fought in the Battle of the Bulge, and was awarded a Purple Heart for his service. Sara served in the elite Women Airforce Service Pilots (WASPs) in Texas and received a Congressional Gold Medal of Honor in 2010 for being among "The First Women in History to Fly American Military Aircraft." It was my distinct honor to attend both of their services and to deliver the eulogy for Al. Since Al had no surviving family in the area, Pollard Funeral Home invited the community to attend his funeral, and the turnout was phenomenal. I am grateful that my community is willing to show up to recognize the contributions of our Veterans. Both Sara and Al have left enduring legacies of dedication and service that will continue to inspire future generations.

Tour of Home Base:

Many thanks to Brigadier General (Ret.) Jack Hammond and the staff at Home Base for taking me on a tour of their new facility in Charlestown. Home Base is a partnership of Massachusetts General Hospital and the Red Sox Foundation that provides mental health services to Veterans and their families. Their holistic and compassionate approach has helped so many Veterans suffering from PTSD, traumatic brain injury, substance addiction, and more, and the new facility will allow them to serve an even larger population. In addition to clinical work, Home Base provides training to health care providers and first responders across the state to help them better respond to Veterans' mental health needs. I look forward to collaborating with this organization to address the "invisible wounds" of service in the Veteran community.

Visit from Canine Companions for Independence:

In March, the Joint Committee on Veterans and Federal Affairs was honored to host two very special four-legged guests at the State House: Angelo and Wena, two service dogs trained by Canine Companions for Independence! Canine Companions is a national non-profit that trains assistance dogs, and they have begun training dogs to work with Veterans suffering from PTSD. These amazing animals can be trained to turn on lights before their owner enters a room, interrupt nightmares, pick up on anxiety cues and provide comfort, and more. I plan to explore how we can be helpful and supportive of this fantastic organization. Having been blessed with Labrador retrievers as family members all my life, I know that these incredible animals have unlimited potential to help Veterans in need.

State Representative Linda Dean Campbell represents the cities of Methuen and Haverhill in the State Legislature and serves as House Chair of the Joint Committee on Veterans and Federal Affairs. She can be reached at Linda.Campbell@mahouse.gov or (617) 722-2380. ◊

IN YOUR CORNER with SENATOR DIZOGLIO

A Pump Station for GLSD

Hello Valley Patriot Readers,

The snow is just about gone, it's now light out at 7 p.m., and the temperatures are getting warmer by the day.

Spring is here, and before you know it, we'll be outside swimming and boating in no time, whether it's at a beach or on the banks of the Merrimack River.

But if a midsummer storm were to knock out power in our area for an extended period of time, it could mean serious environmental and public health problems for the Merrimack.

The Riverside Pump Station delivers 10 billion gallons of wastewater to the Greater Lawrence Sanitary District's sewage plant and serves over 250,000 people in the region.

The district is in need of an emergency generator to prevent millions of gallons of sewage from possibly flowing into the river during an outage. While my office has filed legislation this session to limit the effects of combined sewer overflow and other environmental concerns, a power failure — without the protection of the generator — could spell disaster.

That's why I'm working hard to get the governor's administration, in particular the Department of Environmental Protection, to release the funding for a generator that was secured in last year's Environmental Bond Bill. The State Senate, recognizing the tremendous need for action on this issue, set this funding aside and all it needs now is Governor Baker's support to see it released.

A sewage spill could have dire consequences for our entire region, as coastal communities lying at the mouth of the Merrimack River are home to fishing-related industries and depend on tourism in the summer months. Millions of gallons of untreated sewage flowing along their shores would have dire consequences for communities like Newburyport and Salisbury. But before a sewage spill reaches the mouth of the Merrimack, it will have already made its way downriver, impacting people in communities such as Methuen, Haverhill, Merrimac and Amesbury.

This generator will provide our entire river with greater security in the event of a widespread power failure, keeping our river clean and free of pollutants and waste.

I'm currently in conversations with colleagues in government and the administration regarding the need to install a generator as soon as possible. If you'd like to help in this effort, please feel free to contact my office at Diana.DiZoglio@masenate.gov or call (617) 722-1604. Thank you! ◊

Yours in service,
Diana DiZoglio
State Senator
1st Essex District

Latest Child Abuse Claim Sheds Light on School Superintendent's Long-Term Agenda

Tim Coco
WHAV.NET/WHAV RADIO

Another state child abuse investigation has led to the suspension of a Haverhill school principal and four others. The latest incident, however, is shedding light not only on student restraint policies but how a new school administration deals with controversy.

Haverhill Alternative School Principal John DePolo who has worked in the school system 18 years, was suspended a week ago last Friday. He was followed last week by four staffers who came to his defense. The paid leave follows a state Department of Children and Families review of allegations surrounding restraint of a child at St. James School. It is the most public recitation of student restraint policies since the Disability Law Center charged last year the Crowell School kindergarten improperly used "restraint, time-out and disciplinary" actions against children.

The March 29th incident, according to a 15-year staff member, involved a student who "repeatedly kicked and punched staff and head butted two staff. John was kicked in the ribs, which swelled immediately, forcing him to make the decision to go to the doctor's and have x-rays completed."

Some argue Superintendent Margaret Marotta's handling of DePolo, though, reflects her intent to create and use such controversies to advance her own staffing agenda. School Committee member Scott W. Wood Jr. is one of them.

"He's worked for five superintendents. There's never been an issue with him. He's very well-liked by parents, students and staff alike," Wood said Friday night.

In a letter sent to School Committee members March 31st, a 10-year special education teacher charged DePolo was initially singled out as he was during a similar, previously undisclosed incident last October involving middle- and high school-aged students. Then, DePolo was reportedly suspended three weeks and the superintendent "sought to tarnish his reputation" even though the state "determined that John DePolo was not at fault during the restraint."

The claim of an unfair focus on DePolo, some say, is supported by Marotta relieving him of his supervision of the Therapeutic Education Assessment Center of Haverhill. Earlier this school year, DePolo was replaced as principal of that program at St. James School by Lyn A. Snow.

'No Restraint' Policy Change Fuels Dissension

The educator also alleges "staff have been physically assaulted on a daily basis" since Marotta put into place a no-restraint policy. School Committee members were asked, "What sort of guidance is this administration planning to put into place to keep our students and staff safe?"

Marotta told WHAV she is, in fact, making changes. She said, "There's a lot of wonderful thing about the Haverhill Alternative School, but there's a lot of room to grow. I know it's frustrating and difficult, but in the end, it is best to do things differently. There's room for all of us to improve…Change is hard"

The staffer added, "we have had more staff assaults than any other year in the 15 years I have worked there. My coworkers have been kicked, punched, spit on, bitten, head butted and pushed countless times this year." She said DePolo "has expressed how difficult it has been this year to not be able to intervene the way we have been trained to do."

Wood said the superintendent's changes might be over the top. "The programs at St. James are being somewhat dismantled, it seems."

Ted Kempinski is president of the Haverhill Education Association, a Haverhill resident and the parent of three children in public schools. (WHAV News file photograph.)

Haverhill Education Association President Ted Kempinski said the union has approached Marotta over safety policy and procedures. He said, "My concern is about staff and student safety. This last year these issues have caused us considerable frustration. We have reached out to the school district for more support and attention on these matters."

Concerns about DePolo being removed from the TEACH program also brought a recent complaint from a parent. "I've never had the issues that are currently taking place. I'm now heartbroken," the mother wrote. She filed a formal complaint with the state last December that the school no longer follows her teenager's Individualized Education Program, or IEP.

The School Department was slow to respond to WHAV's questions sent last week. Marotta responded Friday, only after Andrea Grossman, DCF spokeswoman, confirmed the agency "has received a report and is investigating." In an email to School Committee members late Friday afternoon, Marotta added, the state Department of Elementary and Secondary Education was also informed.

Haverhill School Superintendent Margaret Marotta. (WHAV News file photograph.)

As WHAV previously reported in February, Tim Walsh said he stepped down after three years as a teacher at the school to bring to light what he called "abuse," allegedly suffered by administrators. Walsh, whose students suffer from the autism spectrum disorder, told School Committee member his concerns were going ignored by the new administration.

At the beginning of the school year, Marotta reassigned Haverhill High School Principal Beth Kitsos as a chief academic officer and worked behind the scenes to oust school Business Manager Brian O'Connell. ◊

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DONATION: $8 person - $5 seniors / children 10 & under
ALL WELCOME, Family Fun Event

VALLEY PATRIOT 15th ANNIVERSARY BASH AWARDS!

PHOTO: RICH RUSSELL

Lawrence Police Officer Carl Farrington and Lt. Sean Conway received the Officer Tom Duggan, Sr. Hero Public Safety Award for their heroic work during the Columbia Gas explosions last September. Farrington was nominated for the award by last year's winners Sgt. Mike Simard and Lt. James Raso. Conway was nominated by Police Chief Roy Vasque.

PHOTO: RICH RUSSELL

Lawrence Fire Lt. Mike Maglio also received the Officer Tom Duggan Sr. Hero Public Safety Award for his heroic work during the Columbia Gas explosions last September. While fighting a fire, Lt. Maglio fell through the third floor of a building, and then crashed through the second floor. Upon landing on the first floor, Maglio dusted himself off and continued fighting the fire.

PHOTO: RICH RUSSELL

Frank and Dorothy Duggan Incropera were on hand to enjoy the BASH with Charlie Baker's Secretary of Veterans Services Francisco Urena. Urena is a staple at our annual BASH as he helps us give out our John Ratke Hero Veteran Award.

Mr. and Mrs. Lo (of Jasmines computer service at 326 S. Broadway in Salem, NH) lost their son Edmund Lo in Afghanistan. Lo was the first American killed in the war on terror. We were honored to have them in the audience at the Valley Patriot's 15th Anniversary BASH. If you have computer problems bring your computer or laptop to Jasmines on Rt. 28 and give your business to one of our gold star families! (603) 893-3332

The Valley Patriot's exclusive meteorologist Al Kaprielian actually tells jokes.... This was Al's 6th appearance at the BASH! Thank you AL!

PHOTO: RICH RUSSELL

Each year The Valley Patriot bestows a 1st Amendment Award to an individual who fights for and made personal sacrifices to defend our rights of free speech, a free press, or freedom of religion. This year's winner is Tim Coco of WHAV in Haverhill for his work demanding public records from public officials. Pictured are State Rep. Lenny Mirra, Tim Coco, and Valley Patriot publisher Tom Duggan.

PHOTO: RICH RUSSELL

This year, The Valley Patriot named our Hero Veteran Award for our good friend John Ratka who passed away last month. This year's winner was John Cuddy of Lawrence, a former Navy Seabee writer of our Valley Patriot of the Month column. The John Ratka Hero Veteran Award is given to veterans who dedicated their lives to helping other veterans. Pictured are: Valley Patriot publisher Tom Duggan, John Cuddy and Francisco Urena

PHOTO: RICH RUSSELL

Pat Riddle came to the BASH this year with former Lawrence City Councilor Roger Twomey to help us promote Team Scott Clegg Operation Delta Dog, an effort to raise money for service dogs for veterans.

PHOTO: RICH RUSSELL

The Valley Patriot has only given out one Lifetime Achievement Award in our 15 years of publishing. This year we made that two. Former Methuen Mayor Steve Zanni is being wrongfully blamed for the police contract in Methuen and we wanted to set the record straight. Zanni was a member of the school committee, the Forest Lake Commission, the city council and then served as mayor for six years without a single scandal. Pictured above are Valley Patriot publisher Tom Duggan, Methuen School Committee members Jana DiNatale and Jana Zanni Pesce, and former Mayor Steve Zanni.

PHOTO: RICH RUSSELL

Massachusetts State Senator Diana DiZoglio, a tireless advocate for veterans, was on hand at the BASH to introduce Tom Duggan. DiZoglio thanked the veterans in the crowd. At left: Quianna Zaetz, the official BASH emcee, and Valley Patriot publisher Tom Duggan.

Wood Engravers' Network 3rd Triennial Exhibition

The Wood Engravers' Network Third Triennial Exhibition is coming to the Museum of Printing in Haverhill, MA from April 20th through June 22, 2019!

The Wood Engravers' Network Third Triennial Exhibition is the third juried, traveling exhibit featuring sixty-four (64) engravings by thirty-seven (37) artists from New England and throughout the United States as well as Canada, Ireland and Belgium. Juried by Gray Zeitz of Larkspur Press, the exhibit will travel through the end of 2019.

New England artists represented include Evan Charney (Massachusetts), Leslie Evans (Massachusetts), R.P. Hale (New Hampshire), Eric Hoffman (Rhode Island), the late Anna Hogan (Massachusetts), and Abigail Rorer (Massachusetts). The work of beloved local wood engraver, Anna Hogan, is on permanent exhibit.

The Exhibition kicks off with an opening reception on Saturday, April 20th, from 1 to 3pm., featuring a gallery talk and wood engraving demonstration by Evan Charney at 1:30 p.m. The event is free and open to the public.

Talks and demonstrations scheduled during the Exhibition are as follows:

April 20th - Opening Reception 1:00-3:00 p.m., Gallery Talk & Wood Engraving Demonstration at 1:30 p.m. by Evan Charney, Free Admission

May 18th - Wood Engraving Demonstration by Abigail Rorer

June 1st - 'Relief Printing ~ An Afternoon with The Boston Printmakers', Noon to 3p.m.

June 15th - Wood Engraving Demonstration by Eric Hoffman

Wood engraving is a relief printmaking process where an original drawing is cut into the surface of an end grain wood block and then inked and printed to create a reflected image of the cut block. The prints are considered multiple originals created in limited editions - not reproductions or digital creations - offering an affordable entry into collecting original art works. Many of the prints in the show will be available for sale, as will the show catalog.

For many, wood engravings conjure memories of a favorite children's story - a consequence of the medium's highly efficient and successful use as illustration during the industrialization of printing (mid-to late 19th century). While wood engraving was once considered efficient, now the process is considered very slow. Its intimate scale and minute detail charm practitioners into working 40 hours or more on one 4-inch square piece of wood. This group exhibit provides a view of the contemporary practice of wood engraving and the wide variety of styles and approaches to the medium.

Summary of all Exhibiting Artists:

Wesley Bates (Ontario, Canada), Nick Baute (Kentucky), Evan Charney (Massachusetts), Paul Constance (Virginia), Nancy Darrell (North Carolina), Tony Drehfal (Wisconsin), Colleen Dwire (California), Leslie Evans (Massachusetts), Andy Farkas (North Carolina), Rich Gere (Texas), Rebecca Gilbert (Pennsylvania) R.P. Hale (New Hampshire), Gwen Heffner (Kentucky), Jon Hinkel (Minnesota), Eric Hoffman (Rhode Island), Anna Hogan (Massachusetts), Mirka Hokkanen (Finland), Judith Jaidinger (Illinois), Cindy Koopman (Minnesota), Channing Lefebvre (New York), Susan Mannion (Ireland), Michael McGarvey (New Jersey), John McWilliams (South Carolina), Joel Moline (Minnesota), Carl Montford (Washington), David Moyer (Pennsylvania), William Myers (Minnesota), Neil Peck (Washington), Sylvia Pixley (Michigan), Joanne Price (Kentucky), Abigail Rorer (Massachusetts), Anders Sandstrom (Indiana), Kerri Safranski (Indiana), Robert Simola (California), James G. Todd (Montana), Manuel Vermeire (Brussels, Belgium), Richard Wagener (California)

Juror: Gray Zeitz, Founder and Operator of Larkspur Press, a nationally acclaimed fine press publisher working for more than forty years in Monterey, Kentucky. His specialty is printing handcrafted editions of Kentucky's authors, including such figures as Wendell Berry, Bobbie Ann Mason, James Baker Hall, Frederick Smock, Guy Davenport, and Ed McClanahan. He also calls on talented wood engravers and expert bookbinders to collaborate in his work.

The Wood Engravers' Network formed in 1994 to foster education and create a resource for wood engravers and the practice of wood engraving. The group publishes a biannual journal, holds an annual conference, maintains a website and social media presence, as well as sponsoring exhibits, group projects and an ongoing print exchange for members.

Located at 15 Thornton Avenue, they are open every Saturday from 10 to 4pm. ◊

MA Caucus of Women Legislators Ushers in a New Session

The 191st legislative session of the Massachusetts General Court is well underway on Beacon Hill with a record number of women represented in the first-year class. The House of Representatives welcomes 12 women among its 23 new legislators. In the Senate, 3 of the 5 newly-elected Senators are women. The Senate is led by its third female President, Senator Karen E. Spilka, and Representative Patricia A. Haddad resumes the role of Speaker Pro-Tempore in the House, a position she has held since 2011. Female legislators now comprise 28.5 percent of the Massachusetts legislature. The previous high point reached last in 2009 (as well as 2003, 2000, and 1999) was 52 women or 26 percent of the legislature.

"I am proud to be part of an incoming class that is fifty percent women. Women are running for office and winning, which means better representation and allows for more innovative solutions. I am committed to working toward a more equitable, inclusive, and prosperous Massachusetts that works for all," said Representative Tram Nguyen, who is the first Asian American to join the Caucus's Board of Directors.

The Massachusetts Caucus of Women Legislators, a bicameral and bipartisan group of legislators, is chaired this session by Senator Cindy Friedman (D-Arlington) and Representative Liz Malia (D-Boston). The Caucus' Board of Directors also includes: Vice-Chairs Representative Linda Dean Campbell (D-Methuen) and Senator Anne Gobi (D-Spencer), Representative Carolyn Dykema (D-Holliston) as Treasurer, former House Chair Representative Colleen Garry (D-Dracut), Representative Hannah Kane (R-Shrewsbury), Representative Tram Nguyen (D-Andover), Representative Chynah Tyler (D-Boston), Senator Jo Comerford (D-Northampton), and Representative Carole Fiola (D-Fall River).

The Caucus also convenes four taskforces to examine the following issues: Sexual Assault, co-chaired by Representatives Lori Ehrlich (D-Marblehead) and Tricia Farley-Bouvier (D-Pittsfield); Pre-term Birth and Maternal Health, headed by Speaker Pro-Tempore Haddad (D-Somerset); Justice Involved Women, led by Representative Kay Khan (D-Newton) and Representative Christine Barber (D-Somerville), the latter spearheads the Caucus Bylaw Review as well. Leaders of the taskforces are also members of the Caucus' Board of Directors.

In January, prior to the technical beginning of the new session, the Caucus saw the passage of a long-time priority, An Act providing for equitable coverage in disability policies, championed by Representative Ruth Balser (D-Newton). This law prohibits gender discrimination in disability insurance policies. Following that strong start, the Caucus named seven priorities for the new session.

The Caucus continues to prioritize combatting sexual assault on college campuses and express strong support for H.1208/S.736, An Act requiring sexual misconduct climate surveys at institutions of higher education, The Joint Committee on Higher Education will publicly hear the bill on Tuesday, April 9th.

Other Caucus priorities include: An Act amending the statute of limitations regarding criminal prosecutions of the crimes of sexual assault and rape of child, An Act to end child marriage in Massachusetts (the Senate file of this bill will be heard on March 26th), An Act relative to the penalties for the crime of female genital mutilation, An Act supporting parents running for public office, An Act relative to Medicaid coverage for doula services, and An Act requiring one fair wage. ◊

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Lawrence Rep. Frank Moran Files Gas Safety Bill in Response to Gas Explosion Disaster

State Representative Frank A. Moran (D-Lawrence, Andover and Methuen) has filed a bill, H2901, An Act for field safety in gas infrastructure, to enhance existing laws in order to protect residents in the Merrimack Valley and across the Commonwealth from natural gas accidents. H2901 puts in place new safety guidelines when projects are undertaken which expose natural gas infrastructure as well as works to further protect laborers on these sites.

"The gas explosions were a horrific tragedy for our community in the Merrimack Valley. We lost a life, countless homes, and our overall sense of security. Regardless of how much it impacted you personally, the gas explosions in the Merrimack Valley on September 13th were felt by everyone. It's among my highest priorities this session to ensure we take the necessary steps in the legislature to make sure this doesn't happen again. I appreciate my colleagues who have co-sponsored this bill, and I look forward to supporting other gas safety bills this session as well as we take a comprehensive approach to safety," said Representative Moran.

H2901 would establish improvements for field safety in the natural gas infrastructure industry. The bill works to strengthen safety by requiring increased minimum actions for gas leaks of all grades and severity, identifying gate boxes/shut off valves prior to pre-planned excavation and blasting, and requiring localized natural gas control centers as well as leak inspections prior to paving as a condition of Ch. 90 funding. Additionally, new reporting requirements for pipe inspection and notice to occupants of inspection and repair/replacement plans are established. The bill was referred to the Joint Committee on Telecommunications, Utilities and Energy last week. ◊

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The Power of The "They"!

Peter Larocque
RELIGION COLUMNIST

God Bless you all and greetings in the name of Jesus Christ! God has not called us to a do it yourself style of living. I am sure many of you are familiar to the DIY [Do It Yourself] Network channel on TV. Truth be told, I almost never watch it! Why? I am a pay someone to do it kind of guy. The same goes with my walk as a Christian, I can't do it by myself. Thank God for my wife and family! It started with the very first couple, we read in Genesis 2:18, "And the LORD God said, it is not good that the man should be alone; I will make him an help meet [a companion] for him." Then in verse 24 of same chapter, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh." That they become one! What started as two individuals are now one flesh making up the they!

As Christians, we are members in the family of God whom Jesus Christ is the Head! God speaks of this in Ephesians 5:30-32, "For we are members of his body, of his flesh, and of his bones.31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.32 This is a great mystery: but I speak concerning Christ and the church." This church thing which was created by Jesus Christ makes known to us The Power of the They!

We are not called to some wilderness walk, we are not meant to be alone! We have been called to His Church, His House! Look at Psalms 84:4, "Blessed are they that dwell in thy house: they will be still praising thee. Selah."

When Jesus walked here on earth he was well aware of the power of the They which we read about in Matthew 4:18-20, "And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.19 And he saith unto them, Follow me, and I will make you fishers of men.20 And they straightway left their nets, and followed him."

Matthew 4:24, "And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them."

What these individuals could not do for themselves, the They stepped in and brought them to Jesus, and what happened? He healed them all! There is power in the They!

Mark 2:1-6, 12, "And again he entered into Capernaum, after some days; and it was noised that he was in the house.2 And straightway many were gathered together, insomuch that there was no room to receive them, no, not so much as about the door: and he preached the word unto them.3 And they come unto him, bringing one sick of the palsy, which was borne of four.4 And when they could not come nigh unto him for the press, they uncovered the roof where he was: and when they had broken it up, they let down the bed wherein the sick of the palsy lay.5 When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee." 12 "And immediately he arose, took up the bed, and went forth before them all; insomuch that they were all amazed, and glorified God, saying, We never saw it on this fashion."

Again, what this man who was sick of the palsy could not do for himself, the They brought him to Jesus and Jesus Healed him.

There is one more example of the Power of the they that I would like to bring to your attention and that is found in the raising of Lazarus from the dead which is in John 11. I would encourage you to read the whole chapter but for brevity of space, I will begin in John 11:17, "Then when Jesus came, he found that he had lain in the grave four days already." 19 "And many of the Jews came to Martha and Mary, to comfort them concerning their brother.20 Then Martha, as soon as she heard that Jesus was coming, went and met him: but Mary sat still in the house. 21 Then said Martha unto Jesus, Lord, if thou hadst been here, my brother had not died" 23 Jesus saith unto her, thy brother shall rise again."

"25 Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:26 And whosoever liveth and believeth in me shall never die. Believest thou this?" 32 "Then when Mary was come where Jesus was, and saw him, she fell down at his feet, saying unto him, Lord, if thou hadst been here, my brother had not died.33 When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled,34 And said, Where have ye laid him? They said unto him, Lord, come and see." 39 "Jesus said, Take ye away the stone. Martha, the sister of him that was dead, saith unto him, Lord, by this time he stinketh: for he hath been dead four days.40 Jesus saith unto her, Said I not unto thee, that, if thou

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BENEATH THE SURFACE

Easter: Beneath the Symbols

Paul Murano
VALLEY PATRIOT COLUMNIST

In April the world celebrates Easter. Most people celebrate its secular dimension merely as a spring ritual - with the Easter bunny, Easter egg hunts, and lots of chocolate eating. This is similar to how most people celebrate the secular dimension of Christmas - as a winter holiday with the mythical Santa Claus, elves, reindeer, and Frosty. I happen to love the secular dimensions of these two great holidays. Their symbolism speaks loudly about the real meanings of these holy days.

As for Easter, bunnies and eggs symbolize new life evident throughout spring. This points to the profound reality of Easter - the day Jesus Christ conquered man's number one enemy: death. As spring signifies a renewal of life in nature, Easter signifies the renewal of life in humanity through the resurrection. God took on human nature to transform it by defeating death and re-offering man the eternal life was rejected in the original garden (of Eden).

What does this mean? Easter celebrates the "first fruits" of the harvest (1 Cor 15:20). Anyone who knows agriculture will understand that 'first fruits' are picked early. At the right time the rest of what was planted will also be harvested. Christ is the first fruits of the new creation with His Resurrection on the "eighth day". Man now shares in the spiritual fruits of His resurrection; and at the end of history, the Great Harvester will gather the rest of His harvest into His divine Bosom, by separating the sheep from the goats (Mt 25:32), and the weeds from the wheat (Mt 13:30), saying to those on His left, "Depart from me, you accursed, into the eternal fire prepared for the devil and his angels" (Mt 25:41), and to those on His right, "Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world" (Mt 25:34). For those who through baptism and faith follow Christ like a body follows its Head, they too will be raised on the last day.

Easter olds a promise. It is the day that each and every person with faith can be assured their present sufferings, and there are plenty of them, are but temporary trials in making us stronger. No wimps can enter the kingdom of heaven. Sons of Adam who inherited death must be spiritually transformed by the new Adam (Christ) in order to be fit for resurrection.

Pre-Christian philosophers figured that out through reason alone that the human soul survives bodily death, since spirit does not decompose or disintegrate. The ancient Greeks and Jews further recognized that these disembodied souls were not happy, in Hades and Sheol respectively. In fact, they were quite the contrary since they were still in their sins and outside the gates of heaven, not yet opened by the justice Christ won for mankind. Yet, Easter celebrates more than the immortality of the soul. Easter is also about the resurrection of the body. Recall that Jesus' tomb was empty. He was not simply a ghost after conquering death (Lk 24:39). The entire person united to Christ is transformed, body and soul, by the divine life of grace in the resurrection. As Aquinas mentions, the resurrected person in heaven will be as if s/he is at the height of youthful perfection, and then transformed into something whose beauty and splendor we cannot fathom.

Christ Himself by His own post-resurrection appearances gives us some hints of what this may be like. His risen glorified body was gifted with four supernatural gifts: subtlety (it could pass through walls), agility (the ability to travel at will, without the drudgery of having to move between point A and point B), impassibility (freedom from suffering, death, and every bodily imperfection), and glory (the unimaginable grandeur that Christ displayed at the transfiguration (Mt 17:2) and the walk to Emmaus (Lk 24: 16, 31).

So while Easter is a spring holiday with all the trappings of natural symbolism that points to a supernatural reality, one ought never allow the symbols to take priority. Easter celebrates the central moment of the God-man experience. As St. Paul reminds us, "If Christ has not been raised, your faith is vain; you are still in your sins" (1 Cor 15:17). Yet, Paul, an eye witness to the risen Christ, confidently states: "What no eye has seen, nor ear heard, nor the heart of man conceived, [is} what God has prepared for those who love him" (1 Cor 2:9). It will be a never-ending experience in which, "He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away" (Rev

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IN THE GROOVE with CNDY ANNIS

Rolling Stones, Pt. II

Cindy Annis
HEALTH & WELLNESS COLUMNIST

I hope you enjoyed the first installment of The Rolling Stones. Get ready for part two.

In the middle of the 70s, punk rock was crushing the success of the band. It wasn't until 1978 when the album "Some Girls" was released. The album had great songs like "Beast of Burden" and "Shattered." Later that year, the group was on the television show "Saturday Night Live". Their television appearance made the band ever more popular.

The band had more great songs in the early 80s. They also continued to perform live around the world. By 1982, a four album $50 million deal was made with CBS records. Just when things started to come together, an argument between Mick Jagger and Keith Richards blew up and ended with Jagger recording solo on CBS records.

In December of 1985, Ian Stewart died of a heart attack. A private concert dedicated to Stewart was performed at the 100 Club in London. A year later, the Stones' 1986 album "Dirty Work" was recorded in Paris and released in March of that year. With Jagger refusing to go on tour to promote the album, the band almost broke up. With a dysfunctional group, the Stones weren't performing live or recording new songs. This made Richards upset enough to also start a solo career. The 80s ended with the group being inducted into the Rock 'N' Roll Hall of fame. Pete Townsend of The Who, presented the award to the members of the Rolling Stones that wanted to attend the celebration. The members who showed up were Mick Taylor, Ronnie Wood, Brian Jones, and Ian Stewart. The celebration helped release anger within the group. The fighting between Jagger and Richards ended in time for their next album "Steel Wheel."

Although Cindy's Vinyl Vault only plays songs from the 50s, 60s, 70s, and most recently the 80s, the story of The Rolling Stones would be incomplete without their music of the 90s all the way to this year.

After the "Steel Wheel" album was released, the band went on their first world tour in seven years. The tour showed that the Stones could still put on a good show regardless of what's happening within the group. Sadly, when the tour was over, another member of the Stones left. In 1993, Bill Wyman quit the group to start his own career billed as the Bill Wyman Rhythm Kings.

Darryl Jones who worked with Miles Davis and Sting replaced Bill Wyman. Their next album was "Voodoo Lounge" which was released in 1994. Later that year on November 18th, the Stones had

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wouldest believe, thou shouldest see the glory of God? 41 Then they took away the stone from the place where the dead was laid" 43 "And when he thus had spoken, he cried with a loud voice, Lazarus, come forth."

What Martha and Mary could not do for Lazarus, the They took away the stone, which allowed Lazarus to come forth after Jesus raised him from the dead! Once again, we see demonstrated the wonderful power of the They!

As Christians on a journey, we need each other to bless and encourage one another and to point us to Jesus who is always with open arms willing to meet our every need! This is only found in the Church! I cannot afford to DIY when it comes to my walk with Jesus! I need the power of the they and so do You!

Love to all of you! ◊

Peter Larocque
peterlarocque@hotmail.com

TV TALK with BILL CUSHING

'After Life' Uses Humor to Deal with Grief and Depression

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

'After Life' is a new Netflix series written, directed, and starring Ricky Gervais. I'm not even sure you could classify 'After Life' as a comedy even though it is hilarious at times. It deals with topics such as depression, grief, mental illness, and suicide. It may be more of drama that has humor in it.

Gervais plays Tony. Tony is a newspaper writer who has lost his wife Lisa after a long battle with breast cancer, and now he's left to deal with her loss and adjust to his life without her. He has lost interest in living and contemplates killing himself on a daily basis. Brandy, the dog that he got as a gift to his wife is now his only faithful companion, and the only thing that keeps him from going through with it. Tony tells the dog "If you could open a tin, I'd be dead now."

Lisa has left behind inspirational video messages to help get Tony through each day. But it doesn't seem to be helping too much. When he isn't drinking or trying drugs, he works for a local newspaper and torments his co-workers, including his endlessly patient boss (and Lisa's brother) Matt, and the newspaper's goofy photographer Lenny, with relentless pessimism and insults.

He also is dealing with his ailing father, who is in a nursing home with dementia. Much like Gervais himself, Tony is an atheist and has trouble looking beyond his life for any signs of hope.

He meets Anne, another mourner at the cemetery, while visiting Lisa's grave. Anne's husband died and she comes to the cemetery daily. Anne and Tony bond over their losses and strike up a friendship. Anne helps Tony through much of his grief. She's much more of a help than the therapist he sees. He gradually learns from her how wrong it is to have a self-centered perspective.

The show finds humor in the insults that Tony throws at everyone he seems to encounter. Other characters such as Roxy, the prostitute that Tony has befriended, or Pat the postman that Tony loves to relentlessly torment, give the show more laughs. But some of After Life's funniest moments involve Tony's conversations with the townsfolk he profiles for the newspaper, such as the couple who dresses their baby like Hitler for a laugh, or the woman who makes rice pudding out of her breast milk. The lighter moments in the show are important to offset the heavy subjects the series throws at us.

After doing something pretty awful, Tony comes to the realization that life isn't so bad and there are things to live for. The repeated visits to his father make him begin to understand the importance of caring for others thanks to the endless patience of his father's caregiver, Emma. Tony takes a special liking to Emma and thinks she could be more than a friend.

The balance between the serious subjects and funny moments is difficult to accomplish, but Gervais blends the two very well. With 'After Life' you get a series that manages to find the humor and soul in the horrible reality of depression and grief.

All 6 episodes of 'After Life' are available to stream on Netflix, and Gervais has said that he already has plans for a second season.

If you have any questions about TV you can email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column.

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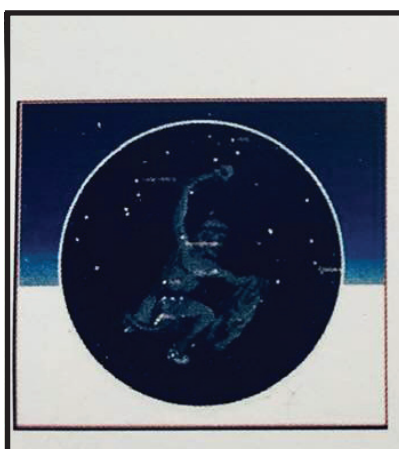

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a live, 20-minute, broadcast on a relatively new computer technology called the Internet. At 10 frames per second, the broadcast wasn't a true webcast, but it did introduce some of the technology we use today like MicroSIP and Skype.

By using the internet to promote their new album, "Voodoo Lounge" won the Grammy Award for Best Rock Album at the 1995 Grammy Awards. This album just flew through the charts reaching #1 in the UK and it also reached #2 in the US. They took this album on tour and the tour went into the next year. They came up with about $330 million dollars for that tour. At the time, it was the highest grossing tour ever.

During the tour for Voodoo Lounge, the band made a pit stop on September 8th. They played two of their songs, "Love Is Strong," and "Start Me Up" at the MTV Video Music Awards at Radio City Music Hall in New York City. While at the awards, they received a Lifetime Achievement Award.

The Rolling Stones, over the next 17 years, toured the world a couple times and performed at just about every major music venue that there is. They made a lot of music and did a lot of drugs. The music was usually great, but as the boys got older, the drugs started taking their toll on the group in many ways. Many tours were cancelled or postponed and rescheduled due to the drugs and the alcohol.

In 2012, the band reached the 50th birthday. Quite the milestone. They celebrated it by putting out their book called The Rolling Stones: 50. Shepard Fairey redesigned the band's lips and tongue logo. While the Stones were having their birthday party throughout the year, Mick's brother Chris was performing some of the Stones' music in Slovenia at The Rolling Stones Museum.

In 2015, Mick Jagger was asked about retirement. The year before, they had just finished an historic tour of the Middle East Asia, Australia, and Europe. This was called 14 On Fire Tour. So, Mick's answer to the retirement question was "Nah, not in the moment. I'm thinking about what the next tour is. I'm not thinking about retirement. I'm planning the next set of tours, so the answer is really, No, not really."

In mid-2017 it came out that the Stones were going to go into the studios and record some original material. Something they hadn't done in more than ten years. The album was called On Air and was a selection of 18 songs previously recorded and performed on the BBC between 1963 and 1965. The collection of songs also included 8 songs they had never recorded or released.

So now it's time for their most recent tour. They called this one the No Filter Tour. They planned on going across Europe doing 14 shows in 12 different cities in September and October of 2017. They were having so much fun that they decided to extend the tour by 14 new stops in Europe and the UK. They hadn't played the UK since 2006. About 4 months ago, they decided to bring the tour to the United States stadiums. They were going to do 13 shows in the springtime, but Mick Jagger has been sidelined for an undetermined amount of time for heart Valve Replacement surgery. So, I guess these tickets I have for Gillette Stadium will be put on hold until we all know what's happening with him.

I hope you enjoyed this little gem about The Rolling Stones. I loved it!! If you want to hear some of the greatest Stones' music, you can tune into Cindy's Vinyl Vault at 980 WCAP Radio. We play the best music ever recorded with a needle. Cindy's Vinyl Vault is on Sundays at 10:00pm, Mondays at 11:00 pm, and Wednesdays at 10:00 pm. And remember folks, it's not how old it is, but how great it sounds! ◊

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SUSAN'S BOOK CORNER

How To Crush Social Media in Only 2 Minutes

SUSAN PIAZZA
VALLEY PATRIOT BOOK REVIEW

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2.5 Bookmarkers

While I normally do not review two books at the same time both are from the same author and presumably deal with the same subject so I have decided to make an exception and review both books in this column.

The author, Ndeye Labens, is described on Amazon as being an award winning and best-selling author. Besides writing several books, she works to help businesses, both large and small, improve their social media exposure and influence.

Now, if you are like me, besides several dozen emails a day, Facebook notifications up the ya zoo, Twitter and Instagram accounts that I don't have time to deal with, plus the other myriad of social media platforms that go unanswered, I was thrilled to see a book that claimed to show me how to crush social media. The fact that this was to be done in two minutes a day was, frankly, unbelievable. But, since the book was free (advanced copy and/or kindle unlimited), I thought, what the heck, I'll try it. Well, I was right, can't be done in two minutes a day.

This brings me to one of the biggest problems I had with this book, the title. I thought it misleading. There is no way that one can crush, or even tackle social media in this period of time.

In my opinion, a more suitable title for these books should have been "Understanding Social Media Platforms and How To Make Them Work For You" or "How to Make Money with Social Media" because this is what these books are ultimately about.

Is the book worth the read? It depends on what you're hoping to gain from the book. If you need to learn how to address social media in an insanely limited amount of time, no. But if you are trying to make sense of the different social media options, how they function, which might be a better fit for you, then, yes.

The other issue I had with these books was the fact that it became apparent, almost immediately, that English was not the author's native language. While I would have had problems writing in another language, and I applaud her for her attempt, I do think it would have helped immensely if she had a native English speaker (or two) read her manuscript prior to publication. Spelling, incomplete sentences, and difficulty with the past tenses of certain verbs made many parts of the book difficult to read. An example of an awkward sentence in the YouTube section of Book 2 is: "People goes watch videos … Once people is there on a given there you have …" Unfortunately, these types of errors were scattered throughout both books.

What I did like about the books was that they dealt with different social media platforms.

Her information was well organized while being easy to understand and follow. It was obvious that Ndeye spent a lot of time researching the various platforms and how they could benefit the business person. Her explanation of various social media ads and affiliates was particularly informative and well worth reading the book for.

So, would I recommend this book? Again, it depends. If you are someone trying to grow your brand, I would say yes. If you are someone who thinks that after reading this book you will be able to handle all your social media options in two minutes a day, then I would have to say, no.

I recommend in a limited instance.

Susan Piazza is an author, columnist, and blogger. If you want to add another social media person to your life you can reach out to me at: susanpiazzaauthor.com Here you can read the Prologue to my soon to be released book "A Bird Call That Isn't" under the blog of the same name. ◊

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HERO: FROM PAGE 1

was killed in a landing accident. She had come here from Texas, too, after primary flight training in 1943, to tow aerial targets. She and her passenger, a chaplain, both died when the plane went into a spin and hit the ground after a sudden application of engine power during an aborted landing attempt. Also used as an Allied POW Camp, during World War II, Camp Davis housed German prisoners of war. In 1944 the anti-aircraft training facility was transferred to Fort Bliss, and in 1946, Camp Davis was closed.

The 217th Artillery was part on General George Patton's 3rd Army. After deploying from Camp Davis North Carolina, the unit served in England, France, and Germany. It was with the 3rd Army, attached to the 44th Infantry, Mike received the only medal that no soldier wants, the Purple Heart. Mike was wounded fighting in Europe. One of the officer's in Mike's Unit, the 217th Artillery, John Landers earned the Distinguished Service Cross (a medal second only to the Medal of Honor for bravery) Lt. Landers was also one of only ten American servicemen to earn the British Military Cross.

Mike had two very interesting careers after the war, working 20+ years at Framingham Women's Prison and later retiring a second time from the US Post Office. He still lives in Chelmsford in the home he raised his family. A proud member of the Greatest Generation.

Please support all our Veteran's by attending the US Coast Guard Band's Sunday April 7th Performance at Timberlane HS at 2pm. The Dracut American Legion's Comedy Night on Saturday April 13th at 7pm at the Dracut American Legion. The Town of Andover's Run for the Troops on Sunday April 28th 8am at Andover Town Hall. The Lawrence Vietnam Memorial Scholarship Dance on Saturday May 4th at 7pm at the Relief's Inn. Most important of all, take your family to help change the American Flags on our Veteran's graves, your town's Veterans Services Officer has more information on this, simply phone them, but usually done on either Saturday May 18th or Saturday May 25th.

John Cuddy served in the US Navy's Construction Battalions (known as the

Seabees) after retiring from the US Navy; he used his GI Bill and earned a BA in History and an MA in Economics from the University of Massachusetts on the Lowell Campus. For the last twenty-two years, he has been employed in Logistics at FedEx. If you know a World War II Veteran who would like their story told, please email him at John.Cuddy@Yahoo.com

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"200 Lawrence residents were killed in WWI. 36 received special recognition. Discover their stories on Facebook - Lawrence WW 1 Project"

- Marc Laplante (creator)

Doctors Are Not Airline Pilots

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

When Lucian Leape abandoned the profession of medicine and set out to make it subservient to corporate monopolies he began by claiming doctors are the same as airline pilots.

Firstly, Leape claimed that doctors do not care about their patients and care only about their outsized egos. This crystalized into the fraud called Disruptive Behavior. When doctors advocated for their patients, administrators were taught to label doctors as disruptives who needed their medical licenses suspended to teach them their place.

Secondly, Leape claimed that doctors must strictly follow centralized guidelines in order to weed out "variations in healthcare delivery." Following checklists was labelled "Evidence-Based Medicine," as opposed to the earlier, personalized, unscientific, voodoo, mumbo jumbo.

Both efforts explicitly aimed at turning doctors into predictable incentive- and algorithm-driven "providers" just like airline pilots. Blue Cross now pays doctors to deny pain medicine to patients with multiple sclerosis or Ehlers Danlos. The more patients you deny, bigger your bonus.

Three recent crashes demonstrate the utterly illiterate and Lysenkoist nature of Leape's assertion that the practice of medicine must become the same as Cockpit Resource Management and commercial flying.

The first was Asiana 214 in San Francisco. Years of turning Asiana pilots into cogs dependent on programmed algorithms, predictably resulted in pilots with zero interest in hand-flying the aircraft even when landing at a gorgeous airport on a beautiful sunny day. The NTSB report bloodlessly observed "Asiana's automation policy emphasized the full use of all automation and did not encourage manual flight during line operations." The compliant pilots were not disruptive. Three children died.

The second and third are the crashes of the 737 MAX-8 aircraft in Indonesia (JT610) and Ethiopia (ET302) that killed 346 people.

Why, with CRM and non-disruptive cockpits, did 346 people die violent deaths? The answer is simple. Pilots have been trained away from being professionals who really know their craft, like Earnest Gann or Orvis Nelson, and turned into actors merely following direction.

In the case of the Lion Air plane, just the day before the crash with the same faulty angle-of-attack sensor, pilots flew the plane safely because they happened to have an off-duty pilot on board who talked them through hand-flying a plane with runaway trim. Everyone lived. The pilots who flew that same plane the very next day did not know anything outside of their official algorithms and killed all on board.

This reality has now come to bite Boeing itself, a company that expects pilots to hand-fly its planes and not be dependent on algorithms and automation. Boeing's recent statement about pilots being expected to switch automation off and hand-fly the 737 MAX despite runaway trim is now being portrayed by the corporate media as tone-deaf and heartless.

I would think pilots would die of shame if they did not know how to handle runaway trim, but then I am an independent professional. What do I know?

Here is why these crashes must sound the death knell for Leape's efforts to destroy the profession of medicine. Human beings are not planes. They are not engineered the same way and within the same tolerances as planes. They do not come with detailed manuals and there is no model that accurately predicts their responses to any exposure. Every person is a unique genetic mix with a will of her own, an INDIVIDUAL. That is why doctors suffer from moral injury when coerced into algorithms.

It is the height of biology-denying unscientific illiteracy to claim that the daily practice of medicine is a reproducible standardized process and that doctors must be controlled the same way as airline pilots. That has never been true and can never be true. This false claim however has been useful to those interested solely in taking over the business of medicine from doctors and has rained billions of dollars on them so far.

Even with engineered assembly-line-manufactured aircraft clones, CRM and automation does squat to prevent errors when you no longer have real professionals in full charge.

Bharani Padmanabhan MD PhD is a neurologist who specialized in multiple sclerosis in the Boston area till July 12, 2017, when the medical board stole his license for reporting Medicaid fraud. scleroplex@gmail.com ◊

Fats: The Good vs. The Bad

Rick Bellanti
HEALTH & WELLNESS COLUMNIST

When it comes to healthy eating, fats most always get a bad rap.

Fats are not one size fits all and are not created equal by any means. Some fats are better for you than others, and some fats may even help with your healthy diet goals, but knowing the difference in fats can help you determine which to incorporate in your diet and which to avoid altogether.

Dietary fat, also known as fatty acids, can be found in foods from both plants and animals. Certain fats have been linked to negative effects on heart health, but others have been found to offer significant health benefits. Having some fat in your diet aids in fueling your body with energy, just like proteins and carbohydrates, but consuming too many calories from eating too much fat of any type (the good and bad) will lead to weight gain.

What are good fats vs. bad fats to consume?

Bad fats are also known as saturated fats and should be eaten sparingly. The American Heart Association (AHA) suggests that saturated fat should make up no more than seven percent of one's daily caloric intake. Also, a diet high in saturated fat may raise your low-density (LDL) cholesterol levels. This will raise your risk of heart disease and type 2 diabetes. For someone who is on a 2000 calorie diet, saturated fat intake should not exceed 20g. Total fat intake should not be more than 65g. Another good guideline is not to even buy products that contain more than 4g of saturated fat per serving.

Saturated fats are typically solid when at room temperature, like butter, shortening, margarine and become a liquid when heated up. Most saturated fats are also animal fats, like fatty cuts of meat from animals like beef, lamb, pork. Be careful of high fat dairy foods, such as whole milk, butter, ice cream and sour cream. Also, oils like cocoa butter, palm oil and lard.

Trans fats are the worst and should be avoided at all times to stay healthy. They are double trouble when it comes to your health, because they do two things: Trans fats raise your bad cholesterol and lowers your good cholesterol. Trans fat is considered by many doctors to be the worst type of fat you can eat. Some meat and dairy products contain small amounts of naturally occurring trans-fat. But most trans-fat is formed through an industrial process that adds hydrogen to vegetable oil. This partially hydrogenated oil is less likely to spoil, so foods made with it have a longer shelf life.

The manufactured form of trans fat, known as partially hydrogenated oil, is found in a variety of food products, including: Packaged products like chips, cookies, crackers and microwave popcorn, are all bad for you. Fried foods like donuts, french fries and fried chicken can contain trans-fat from the oil used in the cooking process. Nondairy coffee creamer and stick margarines also may contain partially hydrogenated vegetable oils as well.

Foods free of trans fats aren't automatically good for you. Food manufacturers may have substituted other ingredients for trans-fat that may not be healthy either. Some of these ingredients, such as tropical oils — coconut, palm kernel and palm oils — contain a lot of saturated fat.

The GOOD fats

Doctors consider monounsaturated fat and polyunsaturated fat more "heart-healthy" fats. These are fats that are better choices for your diet. Foods that primarily contain these healthier fats tend to be liquid when they're at room temperature.

This type of helpful fat is present in a variety of foods and oils. Research has consistently shown that eating foods that contain monounsaturated fat can improve your blood cholesterol level and decrease your risk of cardiovascular disease. These foods include: Avocados, nuts, such as almonds, pecans and cashews, olive oil and almond butter as a few examples.

A certain type of this fat, called omega-3 fatty acids, have been shown to be particularly beneficial for your heart. Omega-3s appear to not only decrease the risk of coronary artery disease, but also help lower blood pressure levels and guard against irregular heartbeats. The following types of fatty fish contain omega-3 fatty acids: herring, salmon, sardines and trout. You can also find omega-3s in flax-seed, walnuts, and sunflower oil, although these contain a less active form of the fat than fish do.

Healthier fats are an important part of your diet, but it's still crucial to moderate your consumption of them because all fats are high in calories. As a result, it's a good idea to incorporate foods that contain monounsaturated and polyunsaturated fats. It's a strategy that will help your heart and improve your quality of life.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here ◊

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ANDOVER

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Pulte Homes of New England LLC, Douglas J & Patricia E Wilkinson, $699,995, 14 Hood Dr Unit 192

Geoff P O'Donoghue, Valerie V Arsenault, $329,900, 172 Haverhill St Unit 236

Megan Bernstein & Scott Katz, Gavin & Colleen MacPherson, $810,000, 1 Arcadia Rd

Marcia S Jacobs, Kyle Stephen & Lisa Marie Hintlian, $742,500, 3 Patriot Dr

Stephen P & Barbara B Garrity, John R & Kimberly Moriarity, $460,000, 132 Andover St

Jason & Moriah Karalexis, Richard & Janine Bellitti, $704,000, 9 Wedgewood Dr

Maria E Santagati-Desjardins Tr & Ellen M Santagati Irrevocable Trust, Frances E Dileo, $432,500, 3 Bowdoin Rd

Michael E & Tonya K Placke, Paul Fernando & Mitushi Nigan, $820,000, 9 Cobblestone Ln

Pascal Perrotey & Valerie Kayser Perrotey/Valerie Kayser, Ryan J McCarty & Lorena M Maia, $500,000, 76 River St

Charlotte P Gofstein, Richard & Pandora Dickinson, $405,000, 172 Haverhill St Unit 234

James P McMurrough & Chritine Grammas, Timothy W Clark, $390,000, 61 Red Spring Rd

Shaun & Tara LaCava, Matthew R & Katherine L Cole, $462,000, 19 Alderbrook Rd

Rose S Dillon, Scott Emmons, $441,600, 386 South Main St

Putnam Realty Trust & Deborah Ann Halleran Tr & Mary Louise Pear Tr, David Henry Callahan, $390,000, 65 Lowell St

Beverly & Walter Crowley, Donald S Sheldon, $6,500, 22 Highland Ave

Kyle & Rachelle Fitzpatrick/Rachelle Cioffi, Matthew Remeika & Susanna Locke, $455,000, 46 Lowell St

Alexander F & Shirley M Byron, SAI Builders LLC, $410,000, 7 Heather Dr

Mitchell A Skinner Revocable Trust & Mitchell A Skinner Tr, SAI Builders LLC, $370,000, 67 Walnut Ave

Colin T & Carolyn Ahern, Ryan T & Shanna L Beal, $849,900, 4 Swan Ln Unit 1-1

Saratoga Properties LLC, Calin N & Sayward E Callaghan, $680,000, 18 Lauching Rd

Jaime L Ramirez-Riberos & Christina J Ramirez, Jeryn Jacob, $370,000, 16 Balmoral St Unit 308

Brandon G Cummings, Jane & Anthony Daddario, $285,000, 16 Balmoral St Unit 104

Belford Construction Inc, Seaport Homes LLC, $210,000, Greenwood Rd

LAWRENCE

Rafael Disla & Emelinda D Acevedo De Disla, Alexander I Ramirez & Esperanza C Mauricio, $505,000, 77-79 Bromfield St

Anthony & Ingrid Rodriguez, Cavallo02 LLC, $480,000, 159-163 Water St

Dave & Maria Ortega, Norma Ortega, $395,000, 205-207 Willow St

One Hardt LLC, 139 Water Street LLC, $260,000, 139 Water St

Action Homebuyers Inc Tr & 138 Newton St Land Trust, Jose L Madera & Nathan L Madera & Angelica Ramos, $260,000, 138 Newton St

Jose M Perez & Laura M Espinal, Lorenzo Gabin, $429,900, 465 High St

Dennis Kolodziej, Wilson R Javier, $185,000, 11 N Boylston St

Bresnahan Family Realty Trust & Joseph M Bresnahan Tr, 48 Winthrop Ave LLC, $175,000, 48 Winthrop Ave

Essex Management & Realty Property Inc, Fernando Horton, $310,000, 134 Newton St

7-9 Nelson Street LLC, Hermes Godoy, $600,000, 2-6 Alden Ct

Orazio DiMarca & Agata DiMarca Est/Agata DeMarca Est, 53-53A Newbury Street LLC, $200,000, 53-53A Newbury St

George H Cherabie, Juan Gonzalez & Ysabel Jimenez, $477,000, 192-198 Howard St

Kevin P Raymond & Melanie Boutot, Romulo Juarez Felipe & Aparicio Zacarias Perez, $365,000, 2 Pilgrim Rd

Luis X Valdez, Cesar Oscar Gonzalez Tellez, $290,000, 59 Nesmith St

Progresso LLC, Justin Termini & Lisa Fernanda Lopez Osorio, $285,000, 88 Salem St

Jennifer Grace Ramde/Jennifer Bishop/Jennifer Grace Bishop Ramde/Jennifer Bishop Ramde, Monique F Nelson, $40,000, 54-56 Groton St

Hassan Hussein Tr/Hassan Hussain Tr & 490 Riverside Realty Trust, Osvaldo E DeJesus Filho & Claudia Regina Camargo Morais, $180,000, 490 Riverside Dr Unit A

LLB Construction Inc, Fernando & Nicole Ricart, $350,000, 58 Dracut St

DMB Real Estate LLC, Cepeda Investments LLC, $620,000, 14-16, 18 Archer St

Daher Group Inc, Jose Espinal-Torres & Meybelin Tatis, $467,000, 39 Pleasant St

Joyce Robito/Joyce M Robito & Gerald Robito, Johanna De Los Santos & Pablo E Santana-Mendez, $452,000, 69 Midland St

Bernarda Cardenes, John & Constance Moschetto, $350,000, 97 Wesley St

Marcia M Michaud & Nancy M Fay & Marc P Michaud, Paul Nartiff Jr, $140,000, 22 Amherst St

Barbara E & David A Allen, Ali Abo-Laban, $71,500, 11-21 Lawrence St Unit 705

Kofi B Asare, 24-26 Barker St Inc, $22,400, Lowell St

Danissa Germosen, Juan Peralta, $430,000, 106 Park St

Foluso Omotola Olubanjo/Foluso Omotola Olubajo, Domingo E Morales, $250,000, 118 Walnut St

William J Nunes & Jaquelin Rosario Marte, Derby Rodriguez & Miosotis L Gutierrez-Diaz, $409,000, 117 E Haverhill St

Kim M Johnson, William Tapia, $105,000, 42 Woodland St

85B Newbury Street LLC/85B Newbury St LLC, Michael & Cesarina Silfa, $785,000, 85-85B Newbury St

DMB Real Estate LLC, Tomper01 LLC, $750,000, 65-71 Berkeley St

Israel A & Marleny Rodriguez, Jelinson Gonzalez, $521,000, 12-14A Rowe St

Chloe LLC, Soo O Lee, $210,000, 44-44 1/2 Union St

Deutsche Bank National Trust Co Tr, MIA Investment Properties LLC, $173,000, 4 Market St

Karim Vargas, Matthew Rasetta, $120,000, 12 Acton St Unit 205

Angel E Perez & Marlenny Perez/Marlenny Jimenez, Randy Alexander Feliz Peralta, $285,000, 159 High St

Therese D Page Tr & Page 2018 Trust, Ezzi Holdings LLC, $367,000, 427-429 Andover St

E J Realty Trust & Elmer R Jones Tr & Virginia I Jones Tr, 6-12 Hampshire Street LLC, $75,000, 581 S Union St

Rafael Mora, Mayte Y Regalado, $200,000, 55 Kingston St

Antonio Javier, George Luis Infante & Raquel Marte Deinfante, $480,000, 96-98 Bennington St

Eladio A & Ana A Sanchez, Daniel O Arias, $450,000, 9-11 Magnolia St

Hampshire Street LLC, Doris Soba, $389,900, 351-353 Hampshire st

Patricia M & Henry J Theberge, Matthew C & Emily L Bradley, $345,000, 31 Davis St

Raynaldo Sanchez, Jose A Grullon, $330,000, 64-66 Ames St

Jennifer Caltillo & Jennifer Charles, Birlandy Perez & Gregory A Rougellis, $210,000, 9 Skyview Ct Unit 3

US Bank NA Tr, Jailin M Pagan & Eduarda DeJesus, $140,000, 8 Tyler St

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St Christopher Properties LLC, Shannon M Russell & Stephen J Willis Jr, $375,000, 16 Tyler St

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GGC LLC, Stilianis Makris, $166,900, 23 Pilgrim Cir Unit A

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Toll MA IV LLC, Crescenzo & Barbara Parrella, $612,707, 34 Sequoia Dr Unit 55

Homes At Great Oaks LLC, Mohammed Bhalla, $568,700, 1 Sadie Ln

Seaport Homes LLC, Gloria Azzi, $342,000, 17 Beaumont Rd

Salvatore Lobrutto & Maria Blanca Lobrutto, Abedellah Elmakhlouk & Sanaa Mouiha, $320,000, 5 Sorrento Ave

Homes At Great Oaks LLC, David M & Nicole L Schena, $571,950, 3 Sadie Ln

Homes At Great Oaks LLC, Loryn E Seabury, $539,900, 12 Sadie Ln

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Empire Construction Group LLC, 311 Pelham Street LLC, $130,000, 311 Pelham St

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REAL ESTATE FROM PREVIOUS PAGE

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Hasmig S Danielian & Jack S Danielian Est & Viola Berberian, LBR Lynbrook Realty LLC, $150,000, 289-296 Lynbrook Rd

Cheryl Valente Tr & Laurence B Boylan Revocable Trust & Laurence B Boylan Trust, LBR Lynbrook Realty LLC, $40,000, Lynbrook Rd

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Mathhew A & Dawn C Kraunelis, Matthew A Kraunelis, $193,000, 61 Cox Ln

Toll MA IV LLC, Inien Syu, $680,388, 76 Pine Tree Dr Unit 127

Anthony W Nelson & Marlies Roberts, Robert & Victoria Cole, $436,000, 592 Prospect St

Ralph E & Sharon M Zahn, Phi H Le & Vu Do & Bao Le, $369,900, 84 Ford St

Bao Le & Phi Hong Le & Vu Do & Nga Truong, Kelvin M Hollywood & Aurys E Ferreira, $305,000, 21 Bates St

Sharman Sullivan, Johan Rijo & Angelica Colon, $340,000, 86 Adams Ave

Ronald L Peglow, Happy Penguin Properties LLC, $250,000, 1 Albermarle St

Toll MA IV LLC, Lawrence P & Kathleen Kaplan, $803,622, 22 Sequoia Dr #49

Toll MA IV LLC, Mark & Donna Simpson, $717,460, 70 Pine Tree Dr Unit 130

Michele Thomas, Andy Figueroa, $699,000, 3 Lindsay Ln

460 Broadway Realty LLC, Broadway 460 LLC, $675,000, 460 Broadway

Steven A & Najwah H Miceli, Jose & Maricelis Ortiz, $490,000, 10 Athens Way

Andy Figueroa, Andrea Sales, $430,000, 39 Swan Ave

Belford Construction Inc, Anthony Lopez & Paola Mejia, $402,000, 62 Lorenzo Cir

Sean M & Shannon M Carson, Jennifer A McKenna, $307,900, 10 Almont St

Mildred B A Gallo, Barbaraann Greer, $287,000, 5 Somerset St

Jennifer Healey & Joyce M Healey & Jennifer Dohm & Nathan Dohm, Richard Pierce & John Jr Azevedo, $280,000, 2 Applewood Ln

Julie C Hay, Jaime Almonte & Eliana Vargas, $263,000, 90 Vermont ST

Dinorah Deleon, Lina Maria Sanchez, $247,000, 150 1/2 Oakland Ave

Riverside Drive LLC, Gail M Carey, $242,500, 34 Bernham Rd Unit 202

Alcro Development LLC, Carol Dematos, $195,000, 28 Stone Castle Dr Unit 17

Ibrahim & Majdoline Ash Tr & Guardian Management Nominee Trust, Christopher D & Lisa M Roberson, $186,000, 945 Riverside Dr Unit B

Sinan Arslanian, Loren E Morgan III, $125,000, 20-17 Danbury Dr

Joseph Hilaire Lemay Est & Annette Dehney & Priscilla Morrill & Norman Lemay & Theresa Lemay & Theresa Kenny, James M & Denise J Leonard, $3,000, Golf Ave

NORTH ANDOVER

Averka Realty Trust & Joseph J Averka Tr, Messina Development Co Inc, $875,000, Johnson St, Rea St

Thomas C Lyons Jr & Amy B Lyons, Thomas Beasley Jr & Tracy Beasley, $785,000, 65 Sugarcane Ln

Alexander Blane Jr Tr & Susan K Blane Tr & Blane Family Trust, Thomas & Haley Massie II, $735,000, 50 Wild Rose Dr

Lindemberg Mendes De Oliveira & Christopher C De Resende & Karina C Resende/Karina C Costa, Luis H Perez, $655,000, 851 Forest St

Mark Kiley, Kyle & Stephanie L Worthley, $610,000, 119 Hickory Hill Rd

Mary L D'Angelo, Dennis Brian Washington & Wanda Michael Washington, $446,500, 25 Martin Ave

David A Taylor, Andrew Menery, $295,000, 27-29 Saunders St

Janice & Robert Callahan, Amanda V Bastian, $464,000, 5 Summer St

Stephanie G Murphy/Stephanie Godley, Valerie & Kevin Jaquith, $390,000, 280 Salem St

Marianne E Linehan Tr & Marianne E Linehan Revocable Living Trust, David Cardin, $320,000, 2 Harvest Dr Unit 302

Cynthia A Kulipoe, Scott R Oxton & Jennifer Madigan, $241,000, 48 Fernview Ave Unit 48FV-10

Berry/114 Co LLC, Christina Brightman, $216,900, 10 Compass Point Unit M2

Frank E Bartashy, Avinash Muttamsetti, $205,000, 32 Bunderhill St Unit 32

Nan Waron, Anthony Abdo Joseph Chedid & Christina Maroun, $310,000, 210 Chickering Rd Unit 307A

Clark Street LLC, MBD Realty LLC, $970,000, 314 Clark St

Anthony R & Renee L Serrano, Daivd & Nicole Hruban, $690,000, 265 Hay Meadow Rd

Nigel Godley, Stephanie Godley, $550,000, 28 Hewitt Ave

David A & Nicole Hruban, Alberto & Sandy Callwood, $455,000, 66 Meadowood Rd

Rose P Sandoval & Lee B Kinberg, Denise Grimley, $925,000, 171 Brentwood Cir

Barbara J Grasso, Miroslawa & Philip Puglisi, $645,000, 79 Cortland Dr Unit 28

Thomas J Beasley Jr & Tracy R Beasley/Tracy R Tanner, Christopher J & Janine Bourque, $569,000, 53 Cedar Ln

Julie Mazeika/Julie DiNicola, Peter J & Anna K Jervinis, $285,000, 1 Harvest Dr Unit 113

Thomas C LaPorte & Marybeth K Seguin & Carol A LaPorte Est, Jacqueline H Stern, $252,900, 148 Main St Unit S-527

David R Towler & Kevin P Towler & Steven D Towler & Michael W Towler, Jayson R Martin, $132,500, 9 Walker Rd Unit 3

Sylvia A Craven, Erin Locke & Felipe Maia, $320,000, 3 Harvest Dr Unit 304

Karen B Gallitz Tr/Karen B Trovato Tr & Triangle Realty Trust, Mason Realty Trust & David M Trovato Tr, $55,000, 809 Turnpike St Units 101-104

Nancy D Smith Tr & Cort D Szafarz Tr & Cort D Szafarz Revocable Living Trust & Nancy D Smith Revocable Living Trust, Isaac Maxmen & Kaitlyn James, $640,000, 119 Blueberry Hill Ln

Liang Dai & Zhenni Zhang, Anthony C & Jessica A Vecchia, $222,000, 25 Fernview Ave Unit 12

Kevin W & Usaila A O'Brien, Charbel Louis & Alain Baptiste, $530,000, 19-21 Furber Ave

Theodore & Julie A Shomos/Julie A McCarthy, Anthony Campagnone, $199,000, 40 Fernview Ave Unit 40FV-7

Kevin Smithson, Khalid M Jebari, $290,000, 148 Main St Unit A-514

Paula Champagne, Jose Ricardo Zambrano-Cevallos & Nicole Zambrano-Cassell, $459,000, 46 Compass Point Rd Unit 1-2

Paul & Betty McGladrigan, Erik & Angelique Muschette, $684,500, 140 Palomino Dr

Kathleen A Masterson M&A Living Trust & Kathleen A & William P Masterson Tr, Erick P & Lindsey B Hanson, $695,000, 22 Fuller Rd

David Lu Tr & Pauline B Lu Realty Trust II, Kenneth J Liston Jr, $505,000, 36 Ashland St

Kenneth M & Elizabeth R Straus, Jason C & Juli Lee Soric, $449,900, 63 Millpond

SANE: FROM PAGE 2

million due to execution, genocide, false imprisonment and famine. But should we really trust the commentary of Chris Hayes, who sees the world through Marxist lenses? Personally, I love my freedom too much to experiment once again with either a socialist or communist system.

Then we switch the channel to CNN and cringe at their new slogan—"Facts First," which is very ironic since they give nightly airtime to Van Jones, who had to resign from the Obama White House in disgrace. Van Jones is an especially controversial commentator with a checkered history. He freely admitted that he directly participated in two riots. He described himself as a Marxist revolutionary. And diving straight into the conspiratorial cesspool, he signed onto a petition calling for an investigation into whether 9-11 was an inside job! But this guy is front and center every night, as a voice of reason on CNN. Notice a disturbing pattern here?

Even the occasional GOP voices on these other networks are often hollow conservatives. Take, for example, Ana Navarro. She vehemently hates Trump, based on her campaign history with Jeb Bush, and attacks him at every opportunity, regardless of the topic. She even filed her nails one time as a visual stunt, when a guest talked passionately about MS-13 gangs, the personal losses of angel families and the heinous crimes committed by some illegal aliens against US citizens, including law enforcement. Should we listen to someone who has such disdain and disrespect on the issue of illegal immigration and assert she is conservative? No, that conservative train left the station years ago for the likes of Ana Navarro.

Trump consistently has an approval rating of between 80% and 90% amongst identified GOP voters, but you would be hard pressed to locate any pro-Trump commentators on CNN, MSNBC and CNBC. Please tell me how that is not being done on purpose?

Could we, with a straight face, really believe that ABC's George Stephanopoulos, part of Bill Clinton's administration, was impartial to Hillary during the 2016 campaign? Can we really say that CNBC is not far left when that network provides regular airtime to liberal economist, Paul Krugman, who has repeatedly made erroneous predictions about the Trump economic record since November 2016?

In Krugman's case, he said that the stock market would collapse under Trump. It has only skyrocketed. Liberal economists have stated that the unemployment rate could not go lower, that manufacturing jobs would never return to our shores, that wages could not increase and that the GDP could not reach 3%. They have all been proven wrong, but the greater shame is that these liberals are betting against the US economy. CNBC, MSNBC and CNN are giving them an audience. Are they secretly praying for the economy to tank to finally prove their predictions?

Thankfully, many Americans still perceive socialism and communism as harmful to our freedoms. Most Americans still assert that the economy is strong. And most Americans are not in favor of open borders. Fox News remains a steadfast conservative harbor against the unrelenting barrage of frenzied speech on today's news channels. Now, more than ever! ◊

KRAFT FROM PAGE 20

21:4).

This is what Easter celebrates. Let us celebrate in good conscience - unlike the unprepared virgins who ran out of oil (Mt 25:1-13), forcing the risen Christ at heaven's gate to say: "I do not know you" (Mt 25:12).

Paul Murano is a college instructor of philosophy and theology and talk host of Beneath the Surface radio show and podcast. Paul speaks on topics relating to faith and reason, and is a solo musician who plays oldies and originals. E-mail Paul at PJDM@aol.com and check out his website at paulmurano.com.

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